

Arkansas 4-H Project Reflection

Health and Fitness Project

Date

Name



Objectives for All Projects	<ul style="list-style-type: none">• Apply all 4-H training and experience in choosing and preparing for a vocation.• Practice leadership skills and roles in 4-H and the community.• Take part in community affairs and demonstrate citizenship responsibility.• Develop integrity, sportsmanship and decision-making capability, and public speaking skills through experiential learning.
Objectives for this Health and Fitness project	<ul style="list-style-type: none">• To accept responsibility for maintaining and improving their physical, intellectual, emotional and social health.• To learn about and share the dangers of tobacco, alcohol, and illegal drugs.• To develop an awareness and be sensitive to problems and needs of individuals during different stages of the life cycle.• To identify and learn about agencies which provide community health services to various age groups with varying needs and assist in spreading the word of their services.• To understand and educate others on the principles of nutrition and exercise as they relate to health, appearance, lifelong fitness and wellness.• To select appropriate foods according to nutrient, fat and calorie content to balance daily physical activities.• To discover career opportunities involving nutrition and physical education in the health field/industry.• To provide leadership for others in the community to learn and apply knowledge lifestyle practices which develop healthy bodies and minds.

I worked toward the following objectives this year: (list)

List talks and illustrated presentations related to the projects reported by title

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What have you learned in this project?

List what you have learned as a result of participation in the project along with skills you have acquired related to the project.

Leadership Experiences in this project

4-H Leadership

Other Leadership

Citizenship Experiences in this project

4-H Citizenship

Other Citizenship

Arkansas 4-H Project Worksheet

Participation in the 4-H Health and Fitness Project

Include the amount of project work (number of items, number of times, etc.) along with related experiences such as tours, public speaking, research, career exploration, etc.)

EXAMPLE

Activity – These are examples – add or delete categories as needed	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total
Physical Fitness													
Aerobic Exercise (hours)													
Strength Training (hours)													
Flexibility Training (hours)													
Team sports participation													
Sports lessons (hours)													
Dance lessons (hours)													
Nutrition/Health													
Increase													
Water/Fluids													
Fruits													
Vegetables													
Decrease													
Fat													
Sugar													
Salt													

