

# 4<sup>th</sup> H for Health Challenge Tracker



Congratulations for taking on the 4th H for Health Challenge! Use this tracker to record the dates of the meetings or gatherings when your club has water, a healthy snack, or performs 15 minutes of physical activity.

Name: \_\_\_\_\_ # of Participants: \_\_\_\_\_

## Healthy Meeting Activities:

3  Serve a fruit or vegetable snack at **3 meetings.\***

6  Serve water as the primary beverage at **6 meetings.**

9  Do 15 minutes of physical activity at **9 meetings.**

## Meeting or Gathering Dates:

1	2	3
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*\*Snacks served at events or other gatherings can fulfill this requirement.*

There is no food at my meetings.

1	2	3	4	5	6
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1	2	3	4	5	6	7	8	9
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### Quick Tips: Snack Smart

Ask volunteers to rotate bringing in a fruit or vegetable snack. Try fruit kabobs with yogurt dip or veggie sticks with hummus.

### Quick Tips: Drink Right

Make sure water is in plain sight and easily accessible during meetings. Encourage youth to bring a water bottle to meetings and show them where they can refill it.

### Quick Tips: Move More

Make physical activity fun! Try music or props, like balls or jump ropes. Keep all games and activities non-competitive and encourage all youth to participate.

Participated in the Challenge? Send this form to [lbalis@uwyo.edu](mailto:lbalis@uwyo.edu) to enter your club in a prize drawing!