WestVirginiaUniversity.
EXTENSION SERVICE

4-H CLUB HEALTH ACTIVITY GUIDE: PHYSICAL ACTIVITY
END-OF-YEAR RECORD FORM

HELP US TRACK OUR PROGRESS WITH THE W.VA. 4-H HEALTH H PROGRAM

Please complete the information each month. At the end of the club year, cut out the form and put it in an envelope. **Mail it by October 1 to your Extension agent.**

4-H Health Officer Name: _____ Date: _____

County: _____ Club Name: _____

At each monthly club meeting, fill in the information below. Also, please send us comments about the 4-H Health Officer role, *4-H Club Health Activity Guide* and Family Handouts.

Meeting date	✓*Check activities you did each month*	*Number of 4-H members*	*Number of 4-H adult leaders*	*Number of 4-H family members* (parents, siblings)
JAN. Move More	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
FEB. Small Steps to Success	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
MAR. Barrier Buster	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			

A Project of WVU Extension Service Family and Community Development and 4-H Youth Development Programs

Meeting date	✓ Check activities you did each month	Number of 4-H members	Number of 4-H adult leaders	Number of 4-H family members (parents, siblings)
APRIL Limit Screen Time	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
MAY Walking	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
JUNE Healthy Weight	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
JULY Safe on Wheels	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
AUG. Water First	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			
SEPT. Lifetime Activities	❑ Be in the Know ❑ Health H Hint ❑ Roll Call ❑ Instant Activity ❑ Nutritious Snack ❑ Family Handout			