



STAYING HEALTHY SCORE SHEET

Complete all **twelve** (12) Project Interest Areas and **three** (3) “More Challenges” activities in Staying Healthy. Complete the program in one year. If you do additional “More Challenges” activities, please **check** (✓) the **three** (3) activities you want to be graded. Record in your Staying Healthy notebook the what, when, where, and how you accomplished each selected “More Challenges” activity. Include your notebook with your project book for grading. **(Maximum: 60 points only.)**

	Possible Points	Your Score
Activity 1: Be Smart About Your Health		
<input type="checkbox"/> Conducting a self-assessment (pages 6-7)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 7)	<u>4</u>	_____
Activity 2: Hide and Seek with Germs		
<input type="checkbox"/> Finding where germs hide (pages 8-9)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 9)	<u>4</u>	_____
Activity 3: Keeping It Clean: Hair, Skin, Nails, and Teeth		
<input type="checkbox"/> Keeping clean; Being healthy (pages 10-11)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 11)	<u>4</u>	_____
Activity 4: Keeping It Clean: Ears and Eyes		
<input type="checkbox"/> Keeping clean; Staying healthy (pages 12-13)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 13)	<u>4</u>	_____
Activity 5: Power Foods		
<input type="checkbox"/> Choosing nutrient-rich foods (pages 14-15)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 15)	<u>4</u>	_____
Activity 6: Try It—You’ll Like It!		
<input type="checkbox"/> Creating healthy nutrient-rich snacks (pages 16-17)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 17)	<u>4</u>	_____
Activity 7: What are Your Eating I-Cues?		
<input type="checkbox"/> Recognizing hungry and full feelings (pages 18-19)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 19)	<u>4</u>	_____
Activity 8: Smart Start		
<input type="checkbox"/> Choosing foods for fuel (pages 20-21)	<u>4</u>	_____
<input type="checkbox"/> More Challenges activity (page 21)	<u>4</u>	_____

Activity 9: How Fit Is It?		
___ Improving personal strength, flexibility, and endurance (pages 22-23)	<u>4</u>	<u> </u>
___ More Challenges activity (page 23)	<u>4</u>	<u> </u>
Activity 10: Fun for One or Two or Lots of You!		
___ Choosing activities to keep healthy (pages 24-25)	<u>4</u>	<u> </u>
___ More Challenges activity (page 25)	<u>4</u>	<u> </u>
Activity 11: Power Play		
___ Being active; Staying healthy (pages 26-27)	<u>4</u>	<u> </u>
___ More Challenges activity (page 27)	<u>4</u>	<u> </u>
Activity 12: Showing Your Smarts		
___ Sharing healthy information (pages 28-29)	<u>4</u>	<u> </u>
My Own “More Challenges” Activities		
___ _____	<u>4</u>	<u> </u>
___ _____	<u>4</u>	<u> </u>
___ _____	<u>4</u>	<u> </u>
___ _____	<u>4</u>	<u> </u>
Staying Healthy Planning Guide (pages 3-5)	<u>5</u>	<u> </u>
Exhibit: (Maximum 15 points only)	<u>15</u>	<u> </u>
A poster or educational display on a Staying Healthy activity completed this year plus your “More Challenges” activities notebook and project book.		
Activity Record	<u>20</u>	<u> </u>
Total Score	<u>100</u>	<u> </u>

Judges Comments: _____

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