



CONNECTICUT 4-H  
PROJECT RECORD



***HEALTHY LIFESTYLE EDUCATION PROJECT RECORD***  
***Health, Fitness & Sports***

Name \_\_\_\_\_ Years in Project \_\_\_\_\_ 4-H Program Year \_\_\_\_\_

Please check what you selected as your project area. Use one Record Sheet for each unrelated project area.

\_\_\_ Healthy Lifestyle Education E  
\_\_\_ Mental & Emotional Health EB  
\_\_\_ Sexual Health EDD  
\_\_\_ Growth, Development & Disease EDB

\_\_\_ Chemical Health EA  
\_\_\_ Physical Health ED  
\_\_\_ Fitness & Sports EDA

Describe your project work

What healthy lifestyle skills did you acquire and explain why. (Attach a photo, example or description of your project where applicable)

### Health & Fitness Journal

DATE	SKILL LEARNED OR PRACTICED	HOW WILL YOU USE WHAT YOU LEARNED
Examples 00/00/00	Learned about results of smoking or Learned to stretch before exercising	I will not smoke I always do stretches before exercising