# Keeping Fit & Healthy Level 3

## Projects & Materials

<table>
<thead>
<tr>
<th>Youth Materials:</th>
<th>Requirements</th>
<th>Exhibit Requirements</th>
</tr>
</thead>
</table>
| • National 4-H Curriculum *Keeping Fit and Healthy* | In *Keeping Fit* youth guide:  
  - Complete a minimum of 7 activities from the lessons.  
  - Complete a personal fitness plan.  
  - Give an illustrated talk, demonstration or speech on any topic of choice related to health.  
  - Exhibit Project | • 4-H Project Record Book  
  • 4-H Involvement Report  
  • Personal Fitness Plan  
  Plus one of the following:  
  - A poster (14”x22”) or display illustrating a skill or skills learned in this project.  
  - A scrapbook, portfolio or journal notebook showing activities and skills learned in the project. |
| • 4-H Involvement Report | | |
| • 4-H Project Record Book | | |
| Volunteer Materials: | | |

## County Requirements:
Check with your County Extension office for more information.

## Support Materials:
To order National 4-H Curriculum visit: [www.4-hmall.org/Category/health-and-fitness.aspx](http://www.4-hmall.org/Category/health-and-fitness.aspx)