



Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 2: Staying Healthy
Approved for 2023-24 Project Year

Project Description: Learn more about making healthy choices related to good hygiene, healthy eating and being active. Whether you enjoy working with numbers, playing sports, drawing, writing, or singing, share your commitment to health with others in a way you enjoy!

REQUIRED YOUTH CURRICULUM

[Staying Healthy: Health Project Activities for Youth](#) (#08175), 2005

[ZSuite 4-H Involvement Report](#)

[ZSuite 4-H Project Record Book](#)

REQUIRED VOLUNTEER CLUB LEADER CURRICULUM

none

SUPPLEMENTAL RESOURCES

none



PROJECT COMPLETION CHECKLIST

STATE REQUIREMENTS	
	Complete at least seven (7) activities from the Staying Healthy manual.
	Complete a self-assessment of personal talents.
	Complete the 4-H Project Record Book for this project in your ZSuite Member Account
	Fill out your 4-H Involvement Report in your ZSuite Member Account
	Give an oral presentation (speech, demonstration, or illustrated talk) to your 4-H peers on a topic related to this project. Recommended guidelines for length of oral presentations are: <ul style="list-style-type: none"> • Junior: 5-8 minutes • Intermediate: 8-10 minutes • Senior: 10-12 minutes

ADDITIONAL LOCAL REQUIREMENTS

FAIR EXHIBIT CHECKLIST	
	Completed Idaho 4-H Involvement Report (ZSuite)
	Completed Idaho 4-H Project Record Book for this project (ZSuite)
	Your Personal Talents Assessment
	ONE of the following exhibit options: <ul style="list-style-type: none"> • A poster (14" x 22") 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.

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