



Enroll in ZSuite Under this Project Name: HW-KEEPING FIT & HEALTHY-Lv 3: Keeping Fit

Approved for 2023-24 Project Year

Project Description: Youth in this project will learn more about physical activity and how to design and manage their own fitness plans.

REQUIRED YOUTH CURRICULUM
Keeping Fit: Fitness Activities for Youth (#18176), 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 Keeping Fit manual.
	Complete a personal fitness plan.
	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
	Complete any supplemental forms or activities required at the County level for your project (see below) and submit to the County Extension Office by the date specified.

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 Fitness Plan
	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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