

* Project skill level indicates the project's intended audience. B = Beginning level—for members with little or no experience in a project area, or 8 to 10 year olds; I = Intermediate level, for members with some experience in a project area, or 11 to 13 year olds; A = Advanced level—for experienced members in a project area, or 14 or older; and X = All levels—for all skill and age levels. Exceptions to these age guidelines are noted. # - Not Eligible for State Fair Competition

Project Number and Name	Skill Level*	Project Completion Requirements See each project book for complete details.	County Requirements	Fair Display Requirement
Healthy Living				
300 <i>You're the Athlete</i>	I	At least 1 (of 7) section (Play Book, Practice Field, and Big Event) Either 2 other Play Book and at least 2 Practice Field activities OR 1 other section ((Play Book, Practice Field, and Big Event) At least 2 special learning experiences At least 2 leadership/citizenship/career applications "My Season highlights" (project summary)	Bring to judging your project book with required completed activities. Bring poster or educational exhibit teaching about an activity from project. Be prepared to discuss information contained in the book and any activities you have done.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
351 <i>Staying Healthy</i>	B	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring your completed project book, a poster or educational display demonstrating what you've learned about good hygiene, healthy eating, and/or physical activity. Also bring with you a "Healthy Snack". Be prepared to discuss activities and information in the book.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
353 <i>First Aid in Action</i>	B	All 12 interest areas 3 of the More Challenges activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring completed project book and First Aid Kit. Be prepared to discuss activities and information in the book, and how and when to use the supplies in your First Aid Kit. Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
354 <i>Medicine Science and Safety</i>	B	All 5 activities and all Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review	Bring completed project book Be prepared to discuss activities and information in the book Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
355 <i>Tracking Your Health and Fitness</i>	I	All 10 activities, all Talking It Over questions, and a health and fitness log At least 2 learning experiences At least 2 leadership/citizenship activities Project summary and project review (A fitness tracking device is recommended but not required.)	Bring completed project book Be prepared to discuss activities and information in the book Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.

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356 Relationships 101	I	All 10 activities and Talking It Over questions. At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
357 Alcohol and Drug Abuse	A	All 12 activities and the Talking It Over questions At least 2 learning experiences All least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
358 The Truth About Tobacco	A	All 8 activities At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.
359 Your Thoughts Matter	A	All 10 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth
360 Your Feelings Matter	B	All 7 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring to judging your completed project book. Bring poster or educational exhibit teaching about an activity from project. This can count as one learning experience or leadership activity and be prepared to discuss it. Write a one-page report describing what you did and learned.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth
434 Superhero You	B	All 5 activities and all Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	Bring completed project book Be prepared to discuss activities and information in the book Bring poster or educational exhibit teaching about an activity from project.	Exhibit poster or educational exhibit teaching about an activity from project. Display in your 4-H Club Booth or countywide booth.