

Project Number & Name	Skill Level*	Project Completion Requirements See each project book for complete details.	County Requirements	State Fair Requirements See the 4-H State Fair Guidebook for complete details for non-livestock projects
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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) <i>(The same book can be used for up to 4 years.)</i>	JUDGING 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 FAIR: Educational display highlighting an aspect of the project you learned about.	Health Day ohio4h.org/nonlivestockguidebook
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	JUDGING: 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. FAIR: Educational display or poster	Health Day ohio4h.org/nonlivestockguidebook
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	JUDGING: Completed project book and a poster or educational display exhibiting information learned and/or skills gained. Be prepared to answer questions about the project. FAIR: Educational display or poster	Health Day ohio4h.org/nonlivestockguidebook

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<p>355 Tracking Your Health and Fitness</p>	<p>I</p>	<p>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 <i>(A fitness tracking device is recommended but not required.)</i></p>	<p>JUDGING: Completed project book and a poster or educational display exhibiting information learned and/or skills gained. Be prepared to answer questions about the project. FAIR: Educational display or poster</p>	<p>Health Day ohio4h.org/nonlivestockguidebook</p>
<p>356 Relationships 101</p>	<p>I</p>	<p>All 10 activities and Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>JUDGING: 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. FAIR: Educational display or poster</p>	<p>Health Day ohio4h.org/nonlivestockguidebook</p>
<p>357 Alcohol and Drug Abuse</p>	<p>A</p>	<p>All 12 activities At least 2 learning experiences All least 2 leadership/citizenship activities Project review</p>	<p>JUDGING - 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. FAIR - Educational display or poster</p>	<p>Health Day ohio4h.org/nonlivestockguidebook</p>
<p>359 Your Thoughts Matter</p>	<p>A</p>	<p>All 10 activities, including Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>JUDGING - 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. FAIR - Educational display or poster</p>	<p>Health Day ohio4h.org/nonlivestockguidebook</p>

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<p>360 Your Feelings Matter</p>	<p>B</p>	<p>All 7 activities and Talking it Over Questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review</p>	<p>JUDGING - 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.</p> <p>FAIR - Educational display or poster</p>	<p>Health Day ohio4h.org/nonlivestockguidebook</p>
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434 <i>Superhero You</i>	B	All 5 activities and all Talking It Over questions At least 2 learning experiences At least 2 leadership/citizenship activities Project review	JUDGING - 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. FAIR - Educational display or poster	Health Day ohio4h.org/nonlivestockguidebook

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