

2024 Project Completion Guidelines

Healthy Living

General Requirements

- Member must participate in Project Interviews (Judging Day or Early Interviews) with a complete project book for the project to be considered completed for the 4-H year.
- Member must participate in a Project Interview during Judging Day to be eligible to be considered for Ohio State Fair Selection.
- Member must display a representation of their project in their 4-H club fair booth.
- All members should be prepared to know general 4-H information.

Meigs County Healthy Living Projects Completion Requirements

You're the Athlete

1. At least 1 (of 7) section (Play Book, Practice Field, and Big Event).
2. Either 2 other Play Book and at least 2 Practice Field activities OR 1 other section (Play Book, Practice Field, and Big Event).
3. At least 2 special learning experiences.
4. At least 2 leadership/citizenship/career applications.
5. "My Season Highlights" (project summary)
6. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Staying Healthy

1. All 12 interest areas.
2. 3 of the More Challenges activities.
3. At least 2 learning experiences.
4. At least 2 leadership/citizenship activities.
5. Project review.
6. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

First Aid in Action

1. All 12 interest areas.
2. 3 of the More Challenges activities.
3. At least 2 learning experiences.
4. At least 2 leadership/citizenship activities.
5. Project review.
6. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Medicine Science and Safety

1. All 5 activities and all Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project summary and project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Tracking Your Health and Fitness

1. All 10 activities, all Talking It Over questions, and a health and fitness log.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project summary and project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Relationships 101

1. All 10 activities and all Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Alcohol and Drug Abuse

1. All 12 activities
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

The Truth About Tobacco

1. All 12 activities
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Your Thoughts Matter

1. All 10 activities, including Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Your Feelings Matter

1. All 7 activities and all Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Superhero You

1. All 5 activities and all Talking It Over questions.
2. At least 2 learning experiences.
3. At least 2 leadership/citizenship activities.
4. Project review.
5. Bring to judging:
 - a. Completed project manual/book.
 - b. A display representing the learning experience of the project.
 - i. Your display must fit into 3 foot of table space.
 - ii. The display does not need to be a tri-fold display board.

Ohio State Fair Exhibition Day – Health Day

- Selections for the Ohio State Fair will be made during the Meigs County Judging Day and based on Meigs County Project Completion Requirements.
- Not everyone who wins first or second place will be eligible for Ohio State Fair selection. This is based on the judge's decision.

