

EAT SMART. PLAY HARD.

RECORDING SHEET

Healthy North Dakota 4-H Club



Club Name _____ County _____

Number of Club Members _____ Contact Person _____

Address _____

E-mail Address _____ Phone () _____

Has your club has been recognized as a “healthy club?” No Yes, for _____ years

Fill in the following table with the date and a short description of the activities your club did.
Please attach photos, agendas or other items to showcase activities. Use a separate sheet of paper if desired.
Return information to your county office of the NDSU Extension Service office no later than August 15.

Category	Date(s)	Number of Club Members Involved	Description(s)
Setting			_____ _____ _____ _____
Roll Call			_____ _____ _____ _____
Program			_____ _____ _____ _____

Category	Date(s)	Number of Club Members Involved	Description(s)
Demonstration			<hr/> <hr/> <hr/> <hr/>
Recreation			<hr/> <hr/> <hr/> <hr/>
Refreshments/ Snacks			<hr/> <hr/> <hr/> <hr/>
Community Pride			<hr/> <hr/> <hr/> <hr/>
Field Trip/Tour			<hr/> <hr/> <hr/> <hr/>
Family Mealtime Challenge <i>Clubs that participate in the "Family Mealtime Challenge" will receive special recognition in addition to the "Healthy 4-H Club" recognition.</i>			Please collect comments from each participating family and record on the Family Mealtime Challenge 4-H Club Recording Sheet (page 3 of this document): What is your family's best tip for making family mealtimes work?

Did/will you create a display for: county fair? Yes No
state fair? Yes No





Family Mealtime Challenge 4-H Club Recording Sheet

Club name _____ County _____

Number of families in club _____

Number of families who met the overall goal of the
Family Mealtime Challenge (five family mealtimes per week for a month) _____

Month/year of your club's Family Mealtime Challenge _____/_____

Total number of family mealtimes your participating families ate together _____*
**Add the total number provided by each family.*

Number of families who said "yes" to the question: "Did you eat
more family meals together this month compared with the usual?" _____ families

Question for participating families:

What is your family's best tip for making family mealtimes work?
(Add separate page(s) if needed. Please type or print neatly.)
