



How to use the 4-H healthy living calendar:

Extension Agents

Extension agents can incorporate the use of this calendar into each club as a challenge. Those with the most participation and success could have an ice or inline skating or an indoor swimming party as a reward.

Teachers

Teachers could increase healthy lifestyles into their students by performing these tasks with their students each day.

4-H club leaders

Club leaders could offer this as a challenge to members offering a badge or ribbon for the winner of the month, utilizing the Health Officer or electing a club Health Officer as a way to ensure members are on track.

Coworkers challenge

Coworkers within an agency (especially the Extension Service) could challenge each other (and their families) to complete the daily activities as a competition within the workplace.

Youth/religious group leaders

Youth and religious groups could also do a similar challenge with each other as club leaders. The winner of each month could be the new liaison who follows up with members the following month if there is no health officer in that specific group.

Daycare leaders

Daycare leaders could also promote healthy lifestyles by incorporating this challenge calendar into daily activities for children of age.

