



**CANADA**  
4-H Ontario

[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**Personal Fitness**

**RECORD BOOK**

### **The 4-H Pledge**

I pledge my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service,  
my Health to better living,  
for my club, my community and my country.

### **The 4-H Motto**

Learn To Do By Doing

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### **Project Resource Information:**

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### **Thank you to the 4-H Personal Fitness Advisory Committee members who assisted with the creation of this resource:**

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Barrie Kettleball Club & author of The Strength Solution Method  
Agatha Crogie, Renfrew 4-H Association                      Brian Emmerton, Peel 4-H Association  
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### **Thank you to those who piloted this project.**

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4-H Ontario grants permission to 4-H Volunteers to photocopy this 4-H project resource  
for use in their local 4-H program.

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## RECORD KEEPING – WHY?

Record Books are to document time and money spent, what you have learned, your ideas, memories and what you liked and didn't like. Your Record Book also....

- Helps you set goals for this project
- Has space to record important dates, your elected executive and the names and contact information of your leaders and club members
- Is a great way to get and stay organized

Down the road when you look back on your 4-H projects these books will be able to remind you what you learned so you can use those skills later in life. It will bring back memories of the project, your 4-H friends, your story and thoughts at the time of the project. You will never forget because this book will act as a reminder! It will also be useful at the Achievement Program, when looking at your progress and when reviewing your accomplishments.

### How do I organize my materials?

1. Make your records neat and easy to read. This will make it easier to find information later on, and to share your information with others.
2. Use a three ring binder or duotang to hold your materials and divide your information into sections using dividers. This will keep things from becoming lost and will make it easier to find what you need later on. This will also allow you to add extra pages later.

### How do I keep good records?

1. Keep track of activities throughout the meetings, as you complete different parts of the project. It's often difficult to remember things that happened in earlier meetings.
2. Make sure the information you write in your Record Book is complete and accurate. If you're not sure about something, ask your leader for help before writing it in your book. You can also consult people in your community or do some research on your own. If you borrow information from someone or someplace else, make sure you write down where you found it.

***Remember that this is YOUR Record Book so make it your own! And, remember to bring your Record Book to every meeting!***

# BASIC INFORMATION

## RECORD BOOK FOR 20\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Age as of January 1: \_\_\_\_\_ Number of Years in 4-H: \_\_\_\_\_

List the other 4-H projects you are currently involved in:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Club Name: \_\_\_\_\_ Association: \_\_\_\_\_

### CLUB MEMBERS:

NAME	PHONE NUMBER	EMAIL

# WHO'S WHO

Club President: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Vice President: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Secretary: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Treasurer: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

Press Reporter: \_\_\_\_\_ Ph. # / E-mail: \_\_\_\_\_

## MEETING DATES:

	DATE & TIME	PLACE	NOTES (Things to bring, remember, etc)
<i>Meeting 1</i>			
<i>Meeting 2</i>			
<i>Meeting 3</i>			
<i>Meeting 4</i>			
<i>Meeting 5</i>			
<i>Meeting 6</i>			
<i>Achievement Program</i>			

LEADER NAME & CONTACT INFORMATION	LEADER NAME & CONTACT INFORMATION

# MEMBER EXPECTATIONS AND GOALS

Why did you join the Personal Fitness club?

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What is one goal that you want to achieve in this project?

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Do you have any ideas for fun things to do during the project?

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Do you have any ideas for an Achievement Program for the Personal Fitness Project? (Keep in mind that an Achievement Program should include the community in some way).

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## Member Responsibilities

- Be a current paid member of 4-H Ontario
- Attend at least 2/3 of the meeting time allotted for this project
- Complete the Record Book for this project. Bring it with you to each meeting!
- Put your Record Book in a binder or duotang so you don't lose any of the pages.
- Complete any other projects as required by the club leaders.
- Remember the more you put into your 4-H club the more you will get out of it!

**ROLL CALLS – IN MY OPINION.....**

	<b>ROLL CALL</b>	<b>MY ANSWER</b>
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		
<b>6</b>		
<b>7</b>		

# PROJECT SUMMARY: PERSONAL FITNESS PROJECT

## A. Member Comments

1. What did you gain from taking this project?

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2. Which meeting or topic was the most/least interesting? Why?

a. Most:

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b. Least:

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3. Comment and/or give suggestions for improvements on the overall project (eg. Activities, tours, achievement program plans, member presentations, special activities, judging information).

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4. What interests would you like to explore through future 4-H projects?

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## B. Parent/Guardian Comments:

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## C. Leader Comments:

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This project has been completed satisfactorily!

Member: \_\_\_\_\_ Leader: \_\_\_\_\_

Date: \_\_\_\_\_ Leader: \_\_\_\_\_



# SAMPLE JUDGING CARD

## JUDGING – JUDGING CARD

### CRITERIA:

1. Is the item made properly?
2. Does the item serve the purpose for the class it is in?
3. Is it the proper size for its purpose?
4. Does it smell and/or look like it should?
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

\*\*note: additional requirements can be added to the list specific to the item being judged

### Giving Reasons:

I place this class of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I place \_\_\_\_\_ first because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ over \_\_\_\_\_ because.....

I place \_\_\_\_\_ 4th because.....

For these reasons, I place this class of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

Official Placing \_\_\_\_\_.

# MEETING #1 ACTIVITY #1

## WHAT DOES PERSONAL FITNESS MEAN TO YOU?

1. Why do you think physical activity is so important?

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2. What are some of your strengths and limitations around fitness?

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3. What is your current fitness level? Are you happy with this level?

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4. What areas of physical activity do you like or dislike? (Ex. Sports, weight-lifting, etc.)

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5. How can a personalized fitness program benefit you?

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6. What are your goals and how do you plan on accomplishing them?

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7. What does personal fitness mean to you?

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## MEETING #1 ACTIVITY #4

### FITNESS SCAVENGER HUNT LIST

- Stretch for 10 mins (variety of stretches must be included)
- Complete 30 sit ups (one person can complete or can be split up)
- Perform 30 push-ups (one person can complete or can be split up)
- Write down your favourite fitness memory and take a picture (each member in group)
- Plank for 15 seconds (each member in group)
- Wall sit for 30 seconds (each member in group)
- Run 3 laps of activity space
- Take a selfie with your group
- Balance on one foot for 10 seconds and then switch to other foot (each member)
- Walk forward the length of the activity space and then walk backwards to the opposite side of activity space
- 20 arm circles (each member in group)
- Play catch with your group for 3 minutes
- Write down a potential fitness goal (each member in group)
- Find a balancing pose to do with another group (try to involve all body parts)
- 10 squats (each member in group)
- Take a picture of everyone in your group staying hydrated
- 3 massive jumps forward (each member in group)
- Dance for 20 seconds
- 20 step ups (each member in group)
- Discuss three ways with your group how you can positively encourage someone to partake in physical activity (write these down)
- 10 tuck jumps (each member in group)
- Run on the spot with high knees for 30 seconds (each member in group)
- Jumping from one foot to the other 5 times on each side (each member in group)
- Shuffle from one pylon to the next (each member in group)
- Jump rope for 30 seconds (each member in group)

# MEETING #2 DIGGING DEEPER

## Sample Weekly Exercise Log (Change to meet your needs)

	Exercise Completed	# of Minutes	Type of Exercise (Cardio, Muscle, etc.)	Weight training (# of reps and amount of weight lifted)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

**MEETING #2 ACTIVITY #8  
SMART GOALS – CREATE YOUR OWN FITNESS GOALS**

**SMART Goals  
Specific, Measurable, Attainable, Realistic, Time Bound**

<p><b><u>Specific</u></b> What exactly do you want to accomplish?</p>	
<p><b><u>Measurable</u></b> How do you know that you have achieved your goal?</p>	
<p><b><u>Attainable</u></b> What steps are you going to take to reach your goal?</p>	
<p><b><u>Relevant</u></b> Why is your goal important to you?</p>	
<p><b><u>Time – Bound</u></b> What is the time limit for reaching your goal?</p>	
<p><b>My SMART Fitness Goals</b></p>	

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

## **MEETING #5 DIGGING DEEPER**

### **EXTRA ACTIVITIES**

#### **Personal Fitness Memory Game**

Memory games can be a lot of fun! Begin the game with the phrase, “One piece of equipment used for personal fitness could be.....” and finish the phrase by adding one item. As each person takes a turn they add a new item and then they must repeat, in order, the items other people have added. The items can be real or silly items. When a person makes a mistake, they are out of the game. It will be fun to hear the silly additions and even more fun to find out how many items members will see before the game ends.

Other phrases could include:

“One activity I can do to improve my personal fitness is.....”

“One healthy food that I can eat is.....”

#### **Ball Toss**

This is a review exercise. Have everyone stand up and form a circle so that everyone is facing inwards looking at each other. Toss a foam ball or bean bag to a person and have them tell what they thought was the most interesting fact or idea that was discussed at the meeting relating to the meeting topic. They then toss the ball to someone else and that person explains what they thought was the most interesting fact learned. Continue the exercise until everyone has caught the ball at least once and explained an interesting fact or idea learned at the meeting.

## PERSONAL FITNESS WORD SEARCH

A T H O Z H V E N P C Z N J L Q U M S P  
 S E E C T S S C U K A A O P G H Q K Z W  
 R C R L T I E X U K R Q I O D S I N M T  
 Z B A O C E P V H A D G T B G I S Q U M  
 C E I R B K R U T U I N A G N Y U P D F  
 H K E K W I Y T M X O I C G F Q I E I W  
 C X S X I A C K S S V G I J V Q T T L I  
 E X W V W N E S E B A G D M Z E N J W B  
 M K I J X D G Y K S S O E Y R E P E G D  
 F Y M D F A D B K Q C J D M S F X V V P  
 F Y M O E B G S T T U I I S Y F U H N F  
 E J I Y N R R O R L L N T W R J N F H X  
 E G N I K L A W Y Z A O X S E Z S J I I  
 J J G H G S D S S T R K S L A O G E K M  
 Y E Y T I L I B I X E L F O J N O V I I  
 H N B O A J V O V A C T I V E X M T N Q  
 U C G J C Q N A C T I V I T Y H G Y G O  
 I O Y K G I A E E J U I O Y D O K Z G R  
 E W R K S N H E U N B U G H O G Q I B Y  
 T G P T P E P Q M F M A L L A F U U B D

ACTIVE  
 ACTIVITY  
 AEROBICS  
 BIKING  
 CARDIOVASCULAR  
 DEDICATION  
 DETERMINATION  
 EXERCISE  
 FITNESS  
 FLEXIBILITY

GOALS  
 GYMNASTICS  
 HEALTH  
 HIKING  
 JOGGING  
 SKIING  
 STRETCH  
 SWIMMING  
 WALKING  
 YOGA



