



Rev. 1/12

HEALTHY LIFESTYLES PLAN

SF258

SCORESHEET

Name _____

Exhibitor ID: _____ Class ID: D347005

	POINTS POSSIBLE	POINTS RECEIVED	COMMENTS
Healthy Lifestyles Plan – Include a shooter's diet and exercise plan, and how the 4-H member will benefit or improve from following the plan. Ideally, the 4-H member would follow the plan and include some journal entries about adaptations or improvements made while following the plan.			
Originality and Creativity <ul style="list-style-type: none">Plan shows evidence of originality and creativity in design and in contents with a good research base.	10		
Items included in plan: <ul style="list-style-type: none">DietExerciseBenefits from following the plan	40		
Quality of Exhibit <ul style="list-style-type: none">Easy to follow for publicJournal EntriesHow the 4-H member adapted their diet or exercise planShared how their shooting sports abilities improved by following the plan.	40		
Description <ul style="list-style-type: none">Neatly labeled and/or displayed	10		

Comments: _____ RIBBON PLACING: P B R W



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.



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