

## 355 Tracking Your Health & Fitness

## Intermediate

1. Complete Project Guidelines 1-6 on Page 2 of the project book.
2. Carry out a three week fitness plan and record it (Pages 24-25).
3. Complete Save Your Results-Fitness File either as recorded in project book (Idea #2), or printed from computer (Idea #1 or Idea #3).
4. Create an educational exhibit or poster describing some aspect of your project. Ideas or materials for exhibit can be from Save Your Results or More Challenges sections.
5. Bring to Interview Judging:
  - a. Neat and complete project book.
  - b. Be able to discuss any information and activities completed including the three week fitness plan from the project book.
  - c. Save Your Results-Fitness File.
  - d. Educational exhibit or poster.
6. Exhibit in club's fair booth if you and your advisor so choose:
  - a. The educational exhibit or poster presented at Interview Judging. (Project book **does not** qualify as an exhibit.)

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**THE OHIO STATE UNIVERSITY**  
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