

Champaign County 'EXTREME' Honor Member Award
Due September 1st at the Champaign County Extension Office

What is the 'EXTREME' Honor Member Award? This award recognizes 4-H Members, 8 and in 3rd grade to age 18 for excelling in all four clover areas – Head, Heart, Hands and Health. You earn points in each area for your participation at the club level and beyond for the current 4-H year (September 1 to August 31).

Complete the 'EXTREME' Honor Member Award Form

*To be eligible to receive gold, silver or bronze 'EXTREME' member award.

*4-H club member and his/her 4-H advisor must sign the completed award form. Advisor's signature verifies member's participation in activities indicated.

Name:	Years in 4-H:	
4-H Club:		
4-H Member Signature	Date:	
4-H Advisor Signature	Date:	
HEAD	Points Possible	Member Points
Project Completion: Completed all 4-H projects enrolled = 20 points OR completed at least one 4-H project enrolled = 15 points	20 or 15 points	
Gave a demonstration, talk or speech in the club	15 points	
Participated in a 4-H club field trip or tour	15 points	
Learned the 4-H Pledge and Motto (1 st year members only)	10 points	
Participated in one or more county skill-a-thon / project judging sessions	15 points	
Participated in one or more county 4-H events (baking contest, photography contest, PAS horse show, etc.)	15 points	
Participated in a county workshop or clinic	20 points	
Participated in Ohio State Fair Judging Contest – horse, poultry or livestock	10 points	
Completed and submitted a State 4-H Achievement, Awards Trip, Ambassador or Scholarship Forms	20 points	
Participated in a National 4-H Event: Citizenship Washington Focus or National 4-H Congress	5 points	
Total	145	

HANDS	Points Possible	Member Points
Exhibited at the county fair	15 points	
Participated in a club community project	15 points	
Helped a fellow 4-Her with his/her project	15 points	
Provided leadership for or conducted an educational program for my 4-H club	15 points	
Served as a junior or teen leader for my club	10 points	
Helped with clean up or special improvement projects at 4-H Camp Clifton or the Champaign County Fairgrounds	15 points	
Helped construct and/or decorate booth / barns at the fair	15 points	
Write an article based on how to make or care for your project(s) and submit it to the Extension office	15 points	
Volunteered time at the 4-H Office or helped with fair set up for the 4-H Office	20 points	
Participated at the Ohio State Fair	10 points	
Total	145	



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HEART	Points Possible	Member Points
Had a parent or guardian attend at least three club meetings	15 points	
Recruited at least one new 4-H Member	15 points	
Provided an article, story or photograph to the Urbana Daily Citizen	10 points	
Led the 4-H or American Pledge of Allegiance at a club meeting	15 points	
Sent Thank You note (s) for any awards received and /or products sold at the Jr. Fair Auction	20 points	
Expressed thanks and appreciation to my 4-H club advisors	15 points	
Helped with club's 4-H promotion/recruitment/public awareness efforts	15 points	
Shared 4-H experiences with the media, local official, 4-H committee, Fair Board	10 points	
Served as a camp counselor or CIT	10 points	
Served on County Junior Fair Board, County Food & Fashion Board, County Species Committee or County 4-H Youth Board	10 points	
Served in a State Teen Leadership Role (Ambassador, Jr. Fair board, Fashion Board)	5 points	
Participated as a 4-H Foreign Exchange Participant or Host	5 points	
Total	145	

HEALTH	Points Possible	Member Points
4-H club attendance Attended 100% of club meetings (35 points) OR Attended all but one club meetings (25 points) OR Attended all but two club meetings (15 points)	35 Points OR 25 points OR 15 points	
Provided refreshments for a club meeting	15 points	
Participated in a club recognition /social gathering (potluck, fair cookout, family night, etc)	15 points	
Served as a 4-H club officer or assistant officer	15 points	
Served on a 4-H club committee	15 points	
Participated in 4-H camp at Camp Clifton	15 points	
Gave a health or safety presentation at a club meeting	25 points	
Participated in livestock quality assurance, horse safety, dog safety, tractor, ATV, CPR, first aid or babysitting certification programs	10 points	
Learned to properly read feed labels for my 4-H project	10 points	
Total	155	

Total Points

590

'EXTREME' Honor Award Earned:

* Gold 590-481 * Silver 480-381 * Bronze 380-300

- ☐ Gold
☐ Silver
☐ Bronze

Return completed form to the OSU Extension Office by September 1st