## ROWAN COUNTY 4-H WEEKLY CHALLENGE SO

Healthy Living Challenge

## Complete all of the following:

 Walk a total of 5 miles this week
Eat at least 3 different fruits or vegetables

3. "Unplug" at least 1 hour each day

-Keep a daily log of these activities. -Take photos of youths completing these tasks -Submit daily log & photos as proof!

🚮 N.C. A&T

## **Rules:**

 Open to any Rowan County youths ages 5-18 (as of January 1).
Participants must be enrolled in 4HOnline at nc.4honline.com.
Photos with "proof" of the week's completed challenge must be emailed no later than Sunday, May 31 by 11:59 PM to the 4-H Agent at laura\_allen@ncsu.edu. No late entries accepted.

All participants who complete this week's challenge will be entered into a drawing. ONE winner will be drawn and will receive 4-H swag!

NC State University and N.C. A&T State University are collectively committed to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, genetic information, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating. Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Laura Allen, 4-H Agent, at 704-216-8970 or laura\_allen@ncsu.edu at least 14 days prior to the event.