**Lesson 3: MyHealth, MyPlate, MyMind**  
**Two easy steps; benefits to 4-H: Priceless!**

**1. Fill in the blanks, check the applicable boxes.**

**2. Pop in the mail. Send to:**

iGrow

State 4-H Office

2801 Second Street

Davis, CA 95618-7774

**Alternately, you may complete this survey online at** [**https://ucanr.edu/survey/survey.cfm?surveynumber=13952**](https://ucanr.edu/survey/survey.cfm?surveynumber=13952)

Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Your County\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

We completed *MyHealth, MyPlate, MyMind* on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date)

Names of youth in attendance for this lesson:

These parts were completed:

|  |  |  |
| --- | --- | --- |
| **Activity** | **During the meeting** | **Didn’t do it** |
| iexplore |  |  |
| ireflect |  |  |
| istretch |  |  |

We modified these parts:

\_\_\_iexplore (please explain)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ireflect (please explain)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_istretch (please explain)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_