

# ROWAN COUNTY 4-H WEEKLY CHALLENGE



## May 25-31

## Healthy Living Challenge

### Complete all of the following:

1. Walk a total of 5 miles this week
2. 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!

### Rules:

1. Open to any Rowan County youths ages 5-18 (as of January 1).
2. Participants must be enrolled in 4HOnline at [nc.4honline.com](http://nc.4honline.com).
3. 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](mailto: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!**

