

Healthy Living Ambassador

Short Answer Worksheet

1. Why are you interested in serving as a State 4-H Healthy Living Ambassador?
2. Provide one or more examples of how you have exhibited or developed leadership skills in projects or programs related to healthy living.
3. How have your 4-H experiences in healthy living helped you reach your personal goal? How will these experiences benefit you in your future endeavors?
4. Describe a situation when you worked as part of a team of youth and adults to accomplish a goal.
5. Studies show teens spend more than 7 hours a day on screens outside of schoolwork, and many report increasing stress and anxiety. How do you think technology and daily habits are impacting the physical and mental health of young people today?