

PHYSICAL WELLNESS HEALTH DAY
Lausche Youth Exploration Space
Wednesday, July 29, 2026
AUBRY FOWLER, Assistant Superintendent

GENERAL GUIDELINES

1. Age of Participants:
 - Junior (age 13 or under) as of January 1 of the current year.
 - Senior (age 14 or over) as of January 1 of the current year.
2. Participation Guidelines:
 - The winner of any one class in 2025 is not eligible to participate in the same class in 2026.
 - Counties may have only one participant per class. No individual may participate in more than one class.
 - Please review the 4-H Activity Participation Rules before coming to the Ohio State Fair for judging.
3. Type of Evaluation:
 - Participant will have a personal interview evaluation with at least one judge.
 - Judge will evaluate participants on the following basis (see sample score sheet):
 - 40% Knowledge (Basic concepts learned in the project)
 - 20% Communication (Interview – presentation of the project)
 - 20% Project Book (Book is complete & provides accurate record of project activities)
 - 20% Project Display (Quality)
4. Participant to bring:
 - Registration information provided by your County 4-H Educator.
 - Completed project manual/book.
 - A display representing your learning experience of the current project. Your display must fit into 3 feet of table space. Because of space limitations you will remove your project from the judging area when you have completed your interview. The display does not need to be a tri-fold display board.
 - Per the 4-H Activity Participation Rules: No participant should leave a token, reminder or gift with the judge at the completion of the interview.

CLASSES

J-8	Alcohol and Drug Abuse – Junior	J-13	You're the Athlete – Senior
J-9	Alcohol and Drug Abuse – Senior	J-14	Medicine Science and Safety -- Junior
J-10	First Aid in Action – Junior	J-15	Medicine Science and Safety -- Senior
J-11	First Aid in Action – Senior	J-16	Tracking Your Health and Fitness
J-12	You're the Athlete – Junior		

AWARDS AND SPONSORS

1. All participants will receive a participation ribbon sponsored by The Ohio State Fair.
2. "Outstanding of the Day" ribbons, sponsored by The Ohio State Fair, will be awarded to the top 20% of the class.
3. A clock trophy will be awarded to the class winner. In 2025 the trophies were sponsored by **Extreme Team 4-H Club, Green Meadow Veterinary Hospital, Jim and Marlene Helt, Virgil and Crystal Jennings, Drs. Tracey and Laure Kitchel and Family, Grace Maltonic, Trevor Minyo, Barb Mulford, Ohio Township Association, The Osborn Family, Erica Shelton and Kevin Rodda, Mary Roediger, and The Wenner Family.**
4. Awards will be presented at 5:00 pm (subject to postponement if additional judging time is needed).
5. Those not present for the awards ceremony may pick up their awards, or arrange for another to do so, from the 4-H state fair office located in the Lausche Youth Exploration Space until the conclusion of the fair. Unclaimed awards will be sent to county extension offices after the fair.
6. Results will be posted online at <https://ohio4h.org/ohiostatefair>.

JUDGING SCHEDULE

The exact schedule of participation will depend on the number reporting at any one time. Members should bring registration information provided by their County 4-H Professional to the registration desk in the Lausche Youth Exploration Space. Registration will begin 15 minutes before judging time.

9:30 a.m.	Ashland, Clark, Delaware, Fairfield, Fayette, Pickaway
10:00 a.m.	Allen, Champaign, Franklin, Logan, Marion
10:30 a.m.	Coshocton, Crawford, Greene, Licking, Madison, Muskingum
11:00 a.m.	Hardin, Hocking, Holmes, Knox, Morrow, Richland, Union
11:30 a.m.	Mercer, Miami, Montgomery, Ottawa, Perry, Ross, Wyandot
1:00 p.m.	Athens, Auglaize, Clinton, Guernsey, Morgan, Shelby, Vinton
1:30 p.m.	Highland, Huron, Jackson, Medina, Meigs, Pike, Seneca, Stark, Summit, Williams
2:00 p.m.	Belmont, Hancock, Mahoning, Tuscarawas, Wayne, Wood
2:30 p.m.	Butler, Carroll, Clermont, Darke, Defiance, Erie, Hamilton, Harrison, Lorain, Lucas, Warren
3:00 p.m.	Jefferson, Monroe, Noble, Paulding, Portage, Preble, Putnam, Sandusky, Scioto, Van Wert
3:30 p.m.	Adams, Ashtabula, Brown, Columbiana, Cuyahoga, Fulton, Gallia, Geauga, Henry, Lake, Lawrence, Trumbull, Washington

2025 CLASS WINNERS

J-01 Staying Healthy	Holly Bartholow, Pickaway
J-02 Alcohol and Drug Abuse, Jr	Broghan Short, Meigs
J-03 Alcohol and Drug Abuse, Sr	Emma Berbigler, Preble
J-04 First Aid in Action, Jr	Genevieve Lamb, Champaign
J-05 First Aid in Action, Sr	Alivia Addis, Darke
J-06 You're the Athlete, Jr	Abby Alig, Mercer
J-07 You're The Athlete, Sr	Benedict Antalek, Summit
J-08 Your Feelings Matter, Jr.	Brian Bledsoe, Vinton
J-09 Your Feelings Matter, Sr.	Sarah Vollmer, Williams
J-10 Your Thoughts Matter, Jr.	Sidney Engard, Wood
J-11 Your Thoughts Matter, Sr.	Logan Henschen, Auglaize
J-12 Medicine Science and Safety, Jr.	Kinley Brust, Pike
J-13 Medicine Science and Safety, Sr.	Addie Dunford, Crawford
J-14 Tracking Your Health & Fitness	James Patti, Franklin
J-15 Superhero You	Isabella Arbogast, Stark
J-16 Relationships 101, Jr	Scarlett R. Sims, Fairfield
J-17 Relationships 101, Sr	Aditi Pyakurel, Franklin

4-H State Fair Project Evaluation Sheet

Name: _____ Exhibitor number: _____

County: _____ Age as of January 1 (current year): _____

Project name: _____ Number of years in project: _____

Please provide a brief description of what you brought today to display your project (i.e., poster, equipment, etc.):

Keep this sheet with you until the judge calls your exhibitor number.

Judges—Please place an “x” in the column that most closely describes this entry.

Judging Guidelines	Excellent Outstanding work that exceeds expectations	Very Good Well done, with few minor if any errors	Good Appropriate for member's age and experience	Average Solid grasp of fundamentals
Knowledge (40%) Member demonstrates knowledge of basic concepts, skills, safety protocols (if applicable), and other project information.				
Communication (20%) Member communicates effectively with a positive attitude and with appropriate personal appearance.				
Project Book (20%) Project book is completed appropriately and provides an accurate record of project activities.			(book is complete)	(book needs some work)
Display (20%) Content is accurate, complete and displayed in a way that is neat and creative. It showcases knowledge and skills gained through project work.				
Strengths:				
Areas for improvement:				