

"I DARE YOU" AWARD

Name _____

Club _____

"You have a four-fold life: a body, a brain, a heart, and a soul -- these are your living tools. To use and develop them is not a task. It is a golden opportunity."

The American Youth Foundation and the DeKalb County Executive Extension Council sponsor this award. To be eligible you must be a current 4-H member, in high school, meet the Performance Standards of Excellence, and provide a **handwritten** essay based on the following questions.

1. Describe your academic performance and achievements.
2. Describe your physical fitness and nutrition practices.

Please use this sheet of paper **only** for your essay.