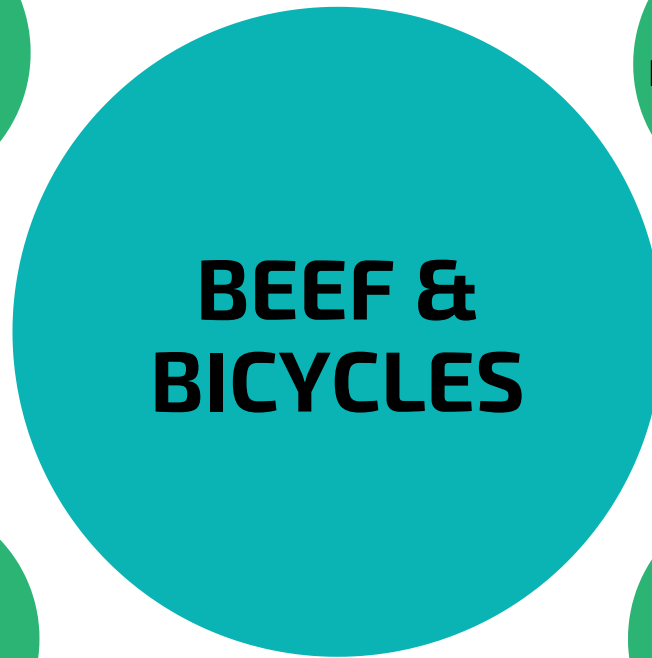


# CONGRESSIONAL AWARD

You can fit your current 4-H projects into the four Congressional Award categories in many different ways.



## COMMUNITY SERVICE

- TEACH BICYCLE SAFETY
- VOLUNTEER IN AG DAY AT SCHOOL TEACHING YOUTH ABOUT BEEF
- FIX COMMUNITY BICYCLES FOR FREE

## PERSONAL DEVELOPMENT

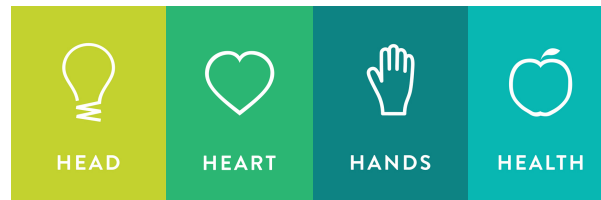
- COUNTY FAIR PROJECT
- LIVESTOCK SKILLS TEAM
- BEEF QUIZ BOWL TEAM
- ATTEND ARKANSAS CATTLEMEN'S ASSOCIATION MEETINGS AND FARM BUREAU MEETINGS

## PHYSICAL FITNESS

- RIDE 25 MILES/WEEK AVERAGING 5 MINUTES/MILE
- INCREASE DEADLIFT WEIGHT BY 50%
- INCREASE PLANK TIME TO TWO MINUTES FOR CORE STRENGTH

## EXPEDITION EXPLORATION

- CROSS-STATE BICYCLE TOUR
- SPEND ONE WEEK LIVING ON RICE FARM



The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution.

