



# 4<sup>th</sup> H FOR HEALTH CHALLENGE

This certificate of achievement is awarded on \_\_\_\_\_

to \_\_\_\_\_

Congratulations! By completing the 4<sup>th</sup> H for Health Challenge, you have shown extraordinary commitment to keeping yourself and your peers physically strong through regular physical activity and healthy eating.

A handwritten signature in black ink that reads 'Courtney F. Dodd'. The signature is written in a cursive style and is positioned above a horizontal line.

Courtney F. Dodd, PhD, Assistant State Leader – Programs  
Assistant Professor and Extension Specialist  
4-H Youth Development  
Texas A&M AgriLife Extension Service

