

Family and Individual Development Program of Work Report
From July 1, 2018 to June 30, 2019

Name of person completing this form: _____

Phone: _____ **Email:** _____

For clubs reports: (Club reports are due to the County Family & Individual Development Chairman by **July 1, 2019**.)

Club Name: _____

For county reports: (County reports are due to the Area Family & Individual Development Chairman by **August 15, 2019**.)

County: _____ **Number of Clubs reporting:** _____

For area reports: (Area reports are due to the KEHA Family & Individual Development Chairman by **September 15, 2019**.) Please mail to: Leoni Mundelius, 675 Ky Hwy 198, Stanford, KY 40484.)

Area: _____ **Number of Counties reporting:** _____

Number of individuals who:

1. Promoted, participated or attended at least two generational events. _____ Clubs _____ Individuals
2. Promoted better family relations by having family meals together. _____ Clubs _____ Individuals
3. Planned for Family & Consumer Sciences Day on December 3, 2018 with members having a family meal together. _____ Clubs _____ Individuals
4. Became involved with, hosted or volunteered in a booth at a county fair or festival.
_____ Clubs _____ Individuals
5. Held a meeting or lesson on saying “No” to negative stress. _____ Clubs _____ Individuals
6. Taught a lesson on improving healthy eating habits. _____ Clubs _____ Individuals
7. Became aware of signs and symptoms of diabetes. _____ Clubs _____ Individuals
8. Have blood sugar, blood pressure, cholesterol checked yearly. _____ Clubs _____ Individuals
9. Reviewed facts about medication with your health care provide when receiving new medications.
_____ Clubs _____ Individuals
10. Attended a lesson on drug abuse or awareness (this can be prescription or street drugs).
_____ Clubs _____ Individuals
11. Participated in exercise classes or physical activity on a regular basis. _____ Clubs _____ Individuals
12. Took time to organize clothing in closets, as well as drawers and other storage. _____ Clubs _____ Individuals
13. Taught a lesson on proper storage of vintage clothing or textiles, including quilts.
_____ Clubs _____ Individuals
14. Constructed a new item from recycled textile materials. _____ Clubs _____ Individuals
15. Read and followed directions carefully before using stain removal products. _____ Clubs _____ Individuals
16. Documented family history and events impacting your life. _____ Clubs _____ Individuals