

***Family and Individual Development Program of Work Report***  
**From July 1, 2023, to June 30, 2024**

Name of person completing this form: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**For clubs reports:** Club reports are due to the County Family and Individual Development Chairman by **July 1, 2024**.

**Club Name:** \_\_\_\_\_

**For county reports:** County reports are due via online surveys by **August 15, 2024**. The surveys will be available at <http://keha.ca.uky.edu/content/impacts> by July 1, 2024. A copy of the submission should be mailed to the Area Family and Individual Development Chairman by August 15, 2024.

**County:** \_\_\_\_\_ **Number of Clubs reporting:** \_\_\_\_\_

***1. Self-Care and Mental Health: Living Alongside the Pandemic***

Number of members who said this program was helpful: \_\_\_\_\_

What publication did you use? \_\_\_\_\_

Suggestion to make this topic better: \_\_\_\_\_

Did you put together a “survival kit” and distribute? \_\_\_ Yes \_\_\_ No

How many did you distribute? \_\_\_\_\_ Purpose for kit: \_\_\_\_\_

***2. Self-Care and Self-Pampering***

What changes did you make that helped you feel better about yourself? (Example: new hair style, monthly outing with friends, etc.)

\_\_\_\_\_  
\_\_\_\_\_

What publication did you use? \_\_\_\_\_

***3. Self-Care and Strengthening Family and the Community***

What was your family quality time? (Example: no electronics during meals, monthly outings, etc.)

\_\_\_\_\_

Number of members or member families who participated in a community project: \_\_\_\_\_

What was the project? (Example: food boxes, neighborhood clean-up, etc.)

\_\_\_\_\_

4. Number of members who taught this program to an individual or group: \_\_\_ Total number reached: \_\_\_

Are there any comments on this program from you or others?

\_\_\_\_\_

\_\_\_\_\_