Stevens County Record Book

This record book be	longs to:	
Club Name:		
Community/Town: _		
□ Junior	□ Intermediate	□ Senior
Age:	Grade in School:(at the start of the 4-H Year)	Years in 4-H:
Date Completed:		

WASHINGTON STATE UNIVERSITY STEVENS COUNTY EXTENSION

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Instructions

- Use this record book and a permanent record book for all the things you do in 4-H
 this year. Put it in a notebook with your other records. Separate each section with a
 tab. Each project should also have a tab.
- Keep only the most important materials in the supplemental section. You may want a scrapbook in which to keep ribbons, certificates, and programs.
- Use your records to look back at your progress during the year. This will be helpful when you make plans for next year.
- When you complete your 4-H program for this year, write your 4-H story.
- The record book is your personal work. Keep it current as the year progresses. Do your own handwriting or typing.
- Do not leave blanks. Write "none" if you had no activities in the category.
- Organize your records with tabs in a binder. The order for doing this is:
- 1. My 4-H Planning Calendar
- 2. Project Information (complete for each project)
 Project Goals

Project Journal

Project Financial Summary

Project Highlights

- 3. Project Add Sheets
- 4. My 4-H Story
- 5. Supplemental Information
- 6. Permanent Record

My 4-H Planning Calendar: Be sure to include club, county, and state activities. Use more than one line if needed.

Check each event you attend Date **Event** October Date Event November Date **Event** December

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Project Goals				
My Project:	Years in this Project:			
I chose this project because:				
Project Goal: Come up with at least three goals f want to do and/or learn this year?" Think about w completed. It is okay to add or change goals duri	ho will help you and when e	ach goal will be		
Goal:				
Who will help me?	When will I do it?	Date I finished:		
Goal:				
Who will help me?	When will I do it?	Date I finished:		
Goal:				
Who will help me?	When will I do it?	Date I finished:		
Goal:				
Who will help me?	When will I do it?	Date I finished:		
Member Signature:	Date:			
I have reviewed these goals and agree to suppor	t the 4-H member in reachin	ng them.		
4-H Leader Signature: Date:				
Parent/Guardian Signature: Date:				

Project Journal. Complete one journal for each project. Record what you do each month for your project, the time you spent doing it, what you learned, and any additional comments. Feel free to use monthly summaries for repetitive activities, such as feeding your animal, but remember to multiply the time per day by the days per month. Use more than one line if needed.

Date	Time	Explain what you did and what you learned

Date	Time	Explain what you did and what you learned

You may use additional pages as needed.

Project Financial Summary. This should include any project related expenses and income. Examples: feed, supplies, poster board, premiums, etc.

Date	Description		Income		Expense
	Total				
Profit a	and Loss Statement:		 		
		minus			
		Total Expense	 		
		equals			
		Profit or Loss	 ((circle profit	t or loss)
Total time spent on project: (from project journal)					

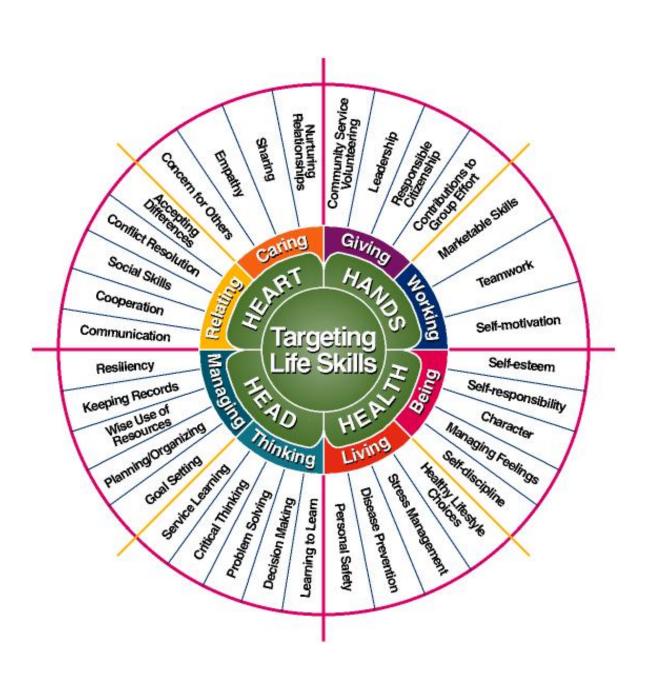
Project Inventory. This list should include all items on hand. Examples: animals, tack, equipment, show supplies, etc.

Item	Value
	3.30
Total Value	
Project Highlights. List and describe the resources you used to learn m your project. Include books, people, internet, bulletins, clinics, camps, etc.	ore about

More Project Highlights. Describe the Life Skills you have learned/practiced in this project under each "H" of the 4-H clover. See Life Skills Model at right.

	Head—Managing and Decision Making Skills
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	Heart—Relating and Caring
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	Hands—Giving and Working
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	Health—Living and Being
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This projec	t has encouraged me to:

Targeting Life Skills Model



4-H Story. This 4-H story should be about your year's total 4-H experience. This is your story and should emphasize your personal growth experienced through 4-H. The following outline may be helpful. Limit your story to the space provided.

Part 1: Introduce yourself. Include information such as your age, personal interests, something about your family, where you live, where you go to school, and why you joined 4-H.

Part 2: Relate some of the experiences you had while completing your 4-H project(s) and how 4-H helped you learn things about this subject you didn't know before. You might include how your project grew in size and scope and some things you tried successfully.

Part 3: Share highlights of 4-H projects, activities, or experiences not included elsewhere in your 4-H record book. Include any major learning experiences, items of special interest and any challenging situations you encountered and how you handled them.

Part 4: Explain how 4-H helped you to become a better leader and citizen. How did 4-H influence your interest and participation in community affairs and what have you learned about team efforts?

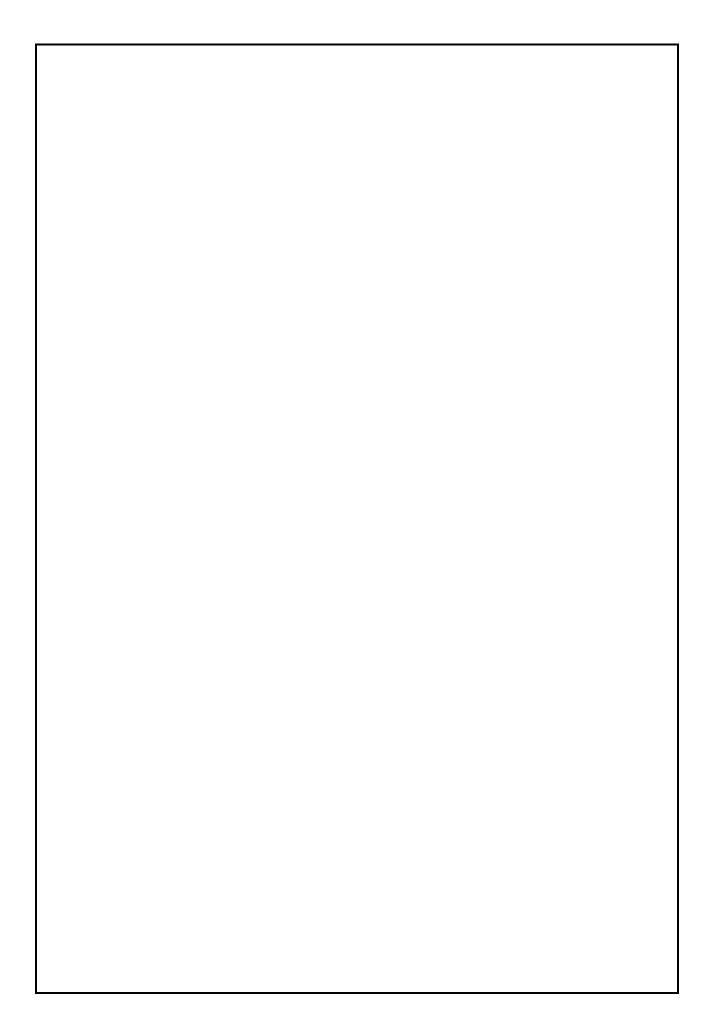
Part 5: Describe how 4-H participation has helped you to feel good about yourself, your

school, and career goals. Describe how 4-H has impacted your use of leisure time. Tell about your future plans and the career you want to pursue.





Supplemental Information Photographs, news articles, drawings, etc. may be placed on the following two pages. Remember to caption all items with who, what, when, where, etc.



I Pledge

my head to clearer thinking;
my heart to greater loyalty;
my hands to larger service;
and my health to better living;
for my club,
my community,
my country,
and my world.



Stevens County 4-H Record Book, October 2002

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