



## Table of Contents

Please put your 4-H Record Book in the order listed below.

Place and label dividers where noted!

Overall Neatness/Spelling/Grammar
Cover Page
4-H Calendar/Activity Log
<b>Divider--4-H Project Record</b>
Project Cover page (signatures & dates)
Project Goals
Project Photos For Fair- min of 1 photo needed with caption
Project Financial Record Includes : inventory, financial record, and breeding/market record (if applicable)
<b>Divider for each Additional Project Record (project name on divider) Include one Project Record for each enrolled project</b>
Total Points for Project Record(s) For more than one project, project records are averaged
<b>Divider--4-H Story</b>
4-H Story For Fair - Introduction For Year End - Completed
<b>Divider--General 4-H</b>
4-H Photos For Fair- one photo needed with caption
More about Me
Life Skills Page
4-H Spirit Page
<b>Divider--Permanent Record</b>
Permanent Record
Total Points for Record Book

For fair and year end this is graded using the state record book judging form.

Blue: 65-75, Red 50-64, White 49 and below

## 4-H Calendar/Activity Log

List all 4-H meetings, club and county events, and project activities. You may group similar activities by month. Example: June- Attended 3 Horse project workdays. If you did not attend any events in a month, please write "NONE." Notes are optional. Include year in dates.

<b>OCTOBER</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>NOVEMBER</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>DECEMBER</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

## 4-H Calendar/Activity Log Continued (Page 2)

<b>JANUARY</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>FEBRUARY</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>MARCH</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

### 4-H Calendar/Activity Log Continued (page 3)

<b>APRIL</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>MAY</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

<b>JUNE</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

### 4-H Calendar/Activity Log Continued (page 4)

<b>JULY</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

<b>AUGUST</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

<b>SEPTEMBER</b>		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

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# 4-H Project Record

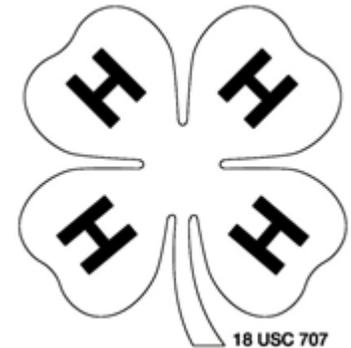
## Project Cover Page

Complete one project record for each project.  
(No additional add sheets are required)

Name: \_\_\_\_\_

Current 4-H Year: \_\_\_\_\_  
(Overall)

PROJECT(S): \_\_\_\_\_  
(List Market or Breeding if applicable)



Disciplines (Horse and Goat projects only)

\_\_\_\_\_

Number of years you have been in this project (including this year). \_\_\_\_\_  
(If this is your first year, the number of years in the project is 1.)

*This page is not complete without all signatures and dates*

Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*I declare that the information in this book is correct and that I completed all my club and 4-H requirements to the best of my knowledge. I did my own work in this record book.*

Parent's Signature \_\_\_\_\_ Date: \_\_\_\_\_

*I declare my child completed this record book with minimal assistance.*

Leader's Signature \_\_\_\_\_ Date: \_\_\_\_\_

(GOALS)

*I declare this member has completed and shown me their goals for the upcoming 4-H year. To be signed near the beginning of the 4-H year.*

Leader's Signature \_\_\_\_\_ Date: \_\_\_\_\_

(FAIR)

*I declare this member has met all club requirements for fair participation.*

Leader's Signature \_\_\_\_\_ Date: \_\_\_\_\_

(YEAR END)

*I declare this member has met all club requirements for year-end completion.*

WSU 4-H Youth Development is committed to providing safe and inclusive environments for *all* youth and adults regardless of race; sex; gender; sexual orientation; gender identity; gender expression; religion; age; color; creed; national or ethnic origin; citizenship; physical, mental, or sensory ability; genetic information; and/or status as an honorably discharged veteran or member of the military. Evidence of noncompliance may be reported through your local Extension office.

# Project Goals

**Instructions:** Think about what you want to achieve by participating in your 4-H Project(s)? Set goals that are interesting to you. Identify goals with goal 1), 2), 3). After you decide on a goal, plan what you will need to do to reach your goal. Write if you experienced any problems, successes, and if there is anything you would do differently in the future. **Write in complete sentences!**

**Goal Requirements:**

Cloverbuds and Juniors: 1 goal/project . Intermediates- 2 goals/project. Seniors-3 goals/project.  
Horse Project Members: One goal per discipline. Example: 1) Performance 2) Games 3) Dressage

**EXAMPLE:**

<b><i>My goals (in box below)</i></b>	<b><i>Here is what I need to do to reach my goals.</i></b>
<i>1) I will memorize the parts of a hog by fair time.</i>	<i>1) I will research the parts of a hog and lead a game at my 4-H meeting to help others practice.</i>

Complete this page for Fair Participation

**My Goal(s) :**

1)

2)

3)

**Here is what I need to do to reach my goal(s):**

1)

2)

3)

Complete this page for Year End Completion

**Did you have any problems reaching your goals?**

1.)

2.)

3.)

**What successes did you have while working toward these goals?**

1.)

2.)

3.)

**Based on what you know now, if you could go back to the beginning of the 4-H year and start over, what would you do differently to reach these goals?**

1.)

2.)

3.)



**Summary of Income and Expenses:** Provide a short description. If you don't know the exact dollar amount, it is o.k. to estimate costs. If you purchased an animal this year put the expense under animal, health, and care. Some columns are specific to animal project areas. If you do not own your animal, please research and record estimated costs to feed and care for the animal.

		<b>Expenses</b>				<b>Income</b>	
Month	Hours Time spent working with your project	Equipment Purchased this year. <i>Example:</i> \$ 15 Feed Bucket \$200 Compound Bow	Animal, Health & Care Animal Purchase Veterinarian/Shots Medications Farrier	Animal Feed and supplements Cost of feed, pasture, supplements. Include value of raised grain, hay or pasture.	Other expenses Show/Tournament fees Boarding Hauling	Income Retained for home use: Animals or eggs produced and kept for breeding or eaten at home.	Income Equipment, products or animals sold Eggs sold Fair premiums.
Oct		\$	\$	\$	\$	\$	\$
Nov							
Dec							
Jan							
Feb							
Mar							
April							
May							
June							
July							
Aug							
Sept							
<b>Totals</b>							
<b>Value of your time</b> Total hours _____ x(times) \$15 = _____		<b>Add all income and expense columns to figure the total profit or loss:</b> Total Income \$ _____ - (minus) Total Expenses \$ _____ = (equals) \$ _____ Did you profit if you include the value of your time? <input type="checkbox"/> Yes or <input type="checkbox"/> No (put negative amount in parenthesis) Total Income \$ _____ - (minus) Total Expenses \$ _____ - (minus) Value of time \$ _____ = (equals) \$ _____					

**Animal Breeding/Production Record (If applicable)**

**Check this box if you did not have an animal project or breed your animal.**

Instructions: Record any breeding or production activities with your project year.

Female ID	Male ID	Approximate Date Bred/ Egg Set	Approximate Date of Birth/date hatched	Number born Or hatched	Number weaned

**Animal Market (Auction) Weight Record (If applicable)**

**Check this box if you did not have a market animal project.**

Animal/Pen ID Name/ Tag # Band ID #s Tattoo #s	Breed	Date Born	Date Acquired	Purchased Weight	Pre weigh-in weight	Fair weigh-in weight

<b>Total Weight Gain</b>	
<b>Number of Days on Feed (See Auction Entry Form for # of days)</b>	
<b>Rate of Gain (Total Gain / Number of Days on Feed)</b>	

**Notes (Optional):**

# Project Photos

This page is for adding your favorite photos from **this project** of the current 4-H year.  
For Fair: 1 photo needed. For year-end: 2 photos. You may add an additional page. Photos only  
please. **Label photos with caption including when, what, where and who.**

# Additional Project Information (Optional)

This page is for adding additional photos or information from **this project** of the current 4-H year.

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# 4-H Story

## Instructions:

- Complete your 4-H Story on a separate piece of paper. Stories may be typed or handwritten.
- Length Requirements:  
Cloverbuds (optional): At least 1 paragraph;  
Juniors - At least 3 paragraphs;  
Intermediates and Seniors - At least 5 paragraphs.
- Include an introduction, body, and conclusion.
- **For fair participation, only your introduction (first paragraph) is needed.**
- **Complete your 4-H story for year-end completion and awards.**

Let your creativity help you tell your 4-H story in a unique way. Here are some ideas to help guide your writing:

- **Introduction**--Tell about yourself, your name and club, your projects, number of years in 4-H.
- **Body** --What did you do in 4-H this year? What special events did you attend? Write about your projects and describe your experiences with leadership and community service. Write about what your club did and if/how you participated. What did you learn in 4-H this year? What did you enjoy most? What was your greatest accomplishment? How has 4-H affected your life?
- **Conclusion** What are your future plans in 4-H? How will you apply what you learned this year to your life?  
*You may include non-4-H activities and accomplishments, but make an effort to focus on your 4-H experiences.*

**Start writing on the next page**



# General 4-H Photos

This page is for adding general 4-H photos from the current 4-H year. Include club or community 4-H activities such as leadership roles, community service, or special events.

Minimum 2 photos (one for fair deadline.)

You may include additional photos on the next page.

**Label photos with caption including when, what, where and who.**

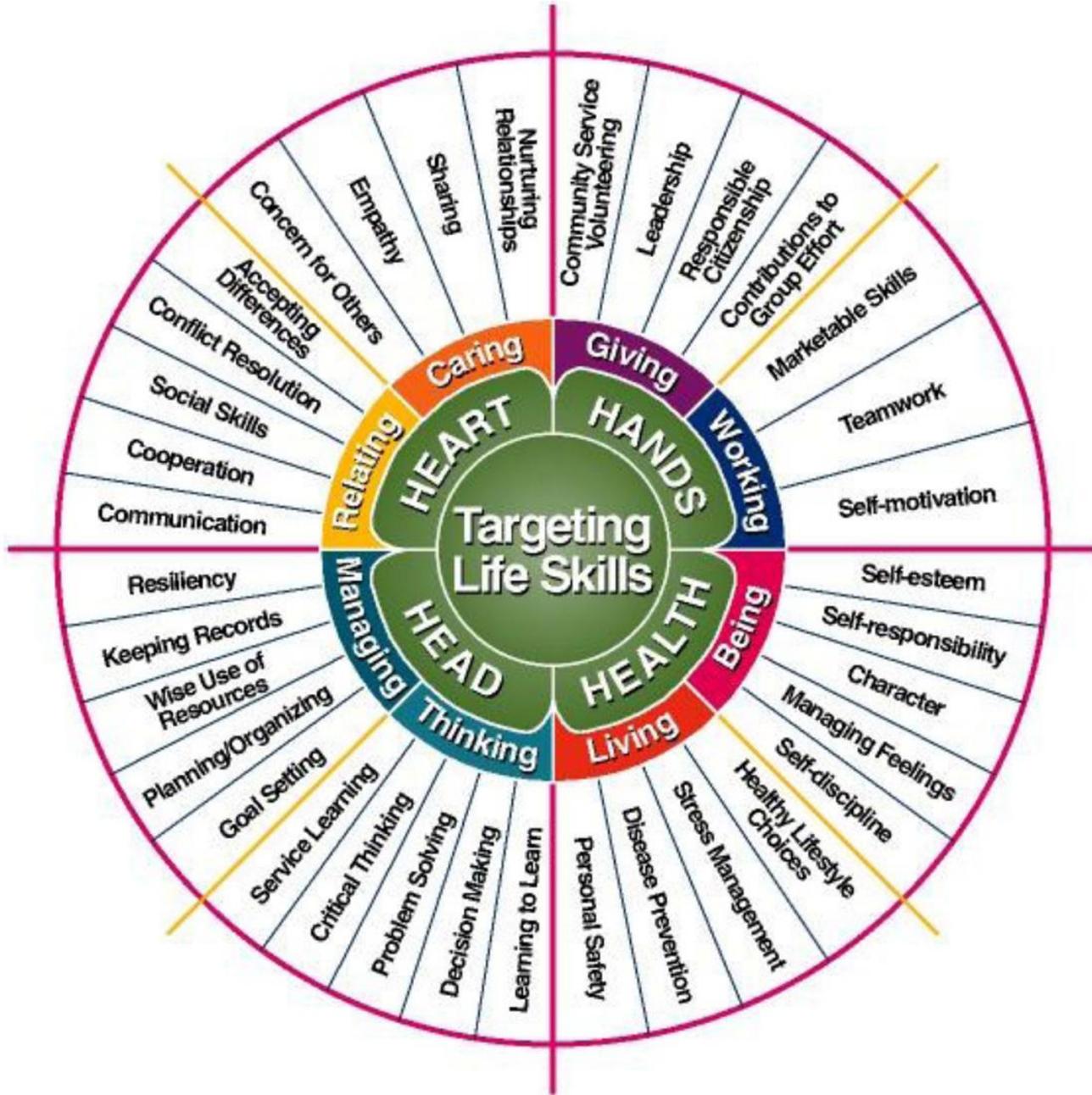
Use this page for additional 4-H photos.

# More About Me....

Use this page to share information or photos about your non-project activities or accomplishments in the past year.

# 4-H Life Skills

Use this wheel to complete the following Life Skills Page.



Iowa State University Extension  
Targeting Life Skills Model

# 4-H Life Skills

In 4-H, youth develop life skills related to the 4 “H”s: Head, Heart, Hands and Health. Using the Life Skill Wheel on the previous page, identify at least one life skill per “H” that you have learned in 4-H. In the boxes below, describe how you have learned and practiced each life skill selected.

See example below.

## HEART

## HANDS

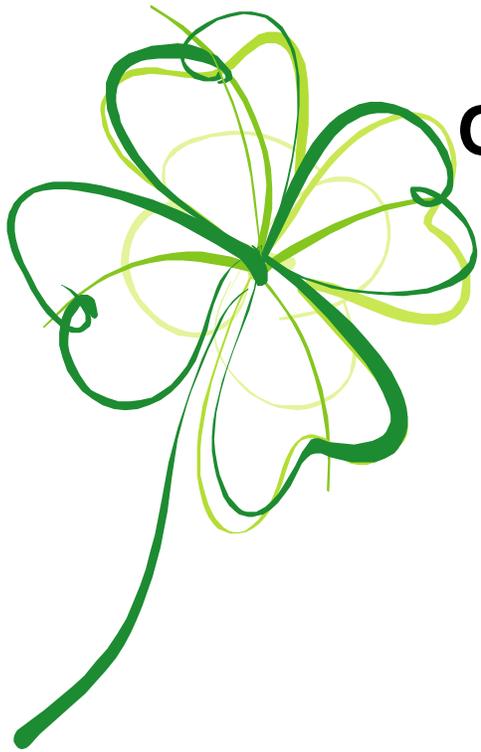
## HEAD

Example: Goal Setting- I set a goal to practice fitting and showing three times a week with my rabbit.

## HEALTH

Optional!

## Optional: The Spirit Page



What Does 4-H Spirit Mean To You?

Use the space below to illustrate what 4-H Spirit means to you by using your creativity. So put on your thinking cap and write a poem, a song, a story, or draw a picture. Remember to be creative.

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