Project Cover Page

Complete one Project Cover Page for **each** project you exhibit at the Kitsap County Fair.

If you have multiple projects in your record book, be sure to print all the project sheets that you need for each project.

18 USC 707

Current 4-H Year: _____

PROJECT: _____

4-H CLUB: _____

Number of years you have been in <u>this</u> project (including this year). _____
(If this is your first year, the number of years in the project is 1.)

Your age as of October 1 this 4-H year) _____
Level you are in: **(v)** check one below
_____ Junior (ages 8 – 10)
_____ Intermediate (ages 11-13)
_____ Senior (ages 14 – 18)

NAME _____
First name and last name

DATE OF BIRTH (MM/DD/YY) _____

<u>This page is not complete without signatures and dates from all three people.</u>
<u>Leaders sign this page in July prior to the time members submit fair entry forms.</u>

Member's Signature: _____
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 _____
I declare my child completed this record book with minimal assistance.

Leader's Signature _____
I declare this member has met all club requirements this 4-H year.

Project Goal Instructions

Juniors: one goal   *Intermediates: two goals*   *Seniors: three goals*

Everyone should have at least one S.M.A.R.T. goal for the record book judging in August.

YOU WILL BE DOCKED POINTS IF YOU LEAVE <u>ANY AREAS BLANK</u> ON THE GOAL PAGE WHEN YOU SUBMIT YOUR RECORD BOOK FOR JUDGING. *If you have not completed your goal, evaluate where you are prior to turning your record book in for the August judging. You can update the goal before year-end awards if the status of your goal is different on September 30.*

See the Record Book Guide on the Kitsap County 4-H website for more information.

The goals that you set at the beginning of the 4-H year are an important way to track where you want to go with your learning. The goals should be interesting to you. Please avoid goals that are about earning certain ribbons, being the grand champion, or beating last year's grand champion. Focus on how <u>you</u> can improve <u>your</u> skills or knowledge. Doing so may help you win a top spot in a competition. *It is helpful to have goals that have a deadline prior to August 1 to avoid re-writing your goal page for year-end awards.*

Set a <u>S.M.A.R.T.</u> goal. **I would like to learn the history of the Flemish Giant and Holland Lop rabbit breeds before the Kitsap County Spring 4-H Rabbit Show in April of 2019.**

"S"   Set a goal that is **<u>specific</u>**.
         It is specific. The members would like to learn the history of two rabbit breeds.

"M"   Set a goal that is **<u>measurable</u>**.
         It is measurable. If someone asks the member about the history of the Flemish Giant and Holland Lop breeds, and the member can tell about the history of one only breed, the member knows <u>half</u> the goal has been accomplished.

"**A**"   Set a goal that is you can **<u>achieve</u>**.
          It is achievable. Information about the history of these breeds is available. Learning about two breeds is something that can be accomplished over the course of several months.

"**R**"   Set a goal that is **<u>realistic</u>**.
          It is realistic. The member can realistically accomplish this goal by the deadline.

"**T**"   Set a goal that is **<u>time based.</u>**
          It is time based. The deadline to meet this goal is the rabbit show in April.

An example of an **<u>unmeasurable</u>** goal is "**I want to learn about chicken breeds**."

An example of a **<u>measurable</u>** goal is "**I want to learn the show disqualifications for Frizzle, Silkie, and Brahma chickens before the spring poultry show this 4-H year.**"

An easy way to make sure your goal is measurable is to ask yourself, how will I prove it to someone? If your goal is going to require an opinion like "**I want to get better at handling my goat during fit and show**" you can easily change it measurable by explaining how you will know when you "get better." A measurable goal for this one would be "**By June 1, I want to be able to walk my goat into the ring without a lead rope and have her follow me the whole time**."

Project Goal Page
Print as many copies of this page as needed.

GOAL. _____

_____

HERE IS WHAT I NEED TO DO TO REACH MY GOAL.

1. _____

_____

2. _____

_____

3. _____

_____

Project Goal Evaluation: How did you do?

Take a look back at the goal(s) you listed at the beginning of the year. How did you do? Evaluate each goal. Using a scale from 5 to 1, rate how you feel you did. Fill in all areas – even if you have not met your goal.

"How did you do?" Circle or underline the rating you give yourself.

Excellent	Very Well	Well	Not So Well	Very Poorly
5	4	3	2	1

Why did you give yourself this rating?

_____

_____

My problems were:

_____

_____

My successes were:

_____

_____

This is what I would change if I could go back to October 1 of this 4-H year and start this goal over again (knowing what I know now). Your answer may be "nothing."

_____

_____

Routine Animal Care

Make one entry for <u>standard</u>, routine care all year and note any exceptions to your regular routines.
Please complete all sections. Write *none* or *N/A* rather than leaving areas blank.
If you pay to board your animal, ask what, when, and how much food is provided.

DAILY FEEDING ROUTINE

Time of day I feed my animal(s): _____

The daily feed I provide to my animal(s): _____.
_____

The quantity I give at each feeding is _____

Other items or supplements I feed to my animal(s): _____
_____

GROOMING ROUTINE

Daily: _____

Weekly: _____

Monthly: _____

Annually: _____
_____

EQUIPMENT / HOUSING CLEANING AND SANITATION ROUTINE

Daily: _____

Weekly: _____

Monthly: _____

Annually: _____

OTHER ROUTINES and/or EXCEPTIONS TO ROUTINES (put none if you don't have any)

_____
_____
_____
_____
_____
_____
_____
_____
_____

INSTRUCTIONS FOR ACTIVITY LOG

This section is where you write about what you learned and/or did in club meetings and/or what you did at home in your project and/or how you worked on your goal and/or extra activities you participated in that are related to your project. **Fill in all three columns.** Write complete sentences.

- For the county record book judging in August, you need at least **ONE** entry per month
- For the **top record book** in Kitsap judging in October, you will need at least FOUR entries per month.

If your club did not meet in a given month write "**No project meeting.**" or "**No club meeting this month.**" The meeting may have been canceled. In that case, write "**Meeting canceled.**" It may seem silly to write that, but a record book judge does not know why the entry is blank. Be sure to write "**Not a member yet.**" for the months you were not a member.

Here are example entries.

Project Activity Log

DATE	EVENT OR ACTIVITY.	WHAT DID YOU DO AND WHAT DID YOU LEARN?
Oct. 5	Cooking Club Project Meeting	We made cookies and learned how to measure dry ingredients.
Oct. 6	Made Cookies	I used the recipe on the chocolate chip bag to make chocolate chip cookies. I learned I need to add more chips than the recipe calls for.
Oct. 7	Went to library.	I checked out four cookbooks. I am working on my cooking goal to make a full dinner all by myself. I learned that there are a lot of cookbooks.
Oct. 20	Met with Club Members	A few club members came over to select recipes to make next month. I learned that everyone wants something different.
Nov. 2	Cooking Club Project Meeting	We watched the leader and learned how to steam vegetables on the stove top.
Nov. 6	Steamed Vegetables	I steamed carrots for my family's dinner today. I learned that if the carrots are not the same size they cook differently.
Nov. 4	Made cookies.	I met with two club members to bake cookies. We made sugar cookies, chocolate chip cookies, and Snickerdoodles. I learned that I like Snickerdoodles better.
Nov. 30	Updated Record Book.	I updated my record book and made sure all the pages in my agreement tab were signed. I learned that it takes time to get all signatures.
December	No club meeting this month.	No December club meeting because we have a community service project.
Dec. 2	Made spaghetti.	I made spaghetti for dinner. The sauce was my grandma's recipe. I learned that my grandma didn't just open a can for sauce.
Dec. 7	Club Community Service Project	I went with club members to a local nursing home to sing carols in the halls. I learned that I did not like the smells in nursing homes.
Dec. 15	Made Holiday Cards	I made holiday cards to take to a few people I met at the nursing home. I learned that older people are ok.

See the Record Book Guide on the Kitsap County 4-H website for more information.

Project Activity Log

DATE	EVENT OR ACTIVITY	WHAT DID YOU DO AND WHAT DID YOU LEARN?

Project Activity Log

DATE	EVENT OR ACTIVITY	WHAT DID YOU DO AND WHAT DID YOU LEARN?

Animal Health Record

☐ **Put a checkmark (√) in the box if you did not have any treatments or problems.**

Record all health management practices and/or treatments given to your project animal(s). This should include any vaccinations, treatment of diseases, de-worming, injuries, pills, surgeries, etc.

Date	Animal Name or ID #	Condition/Problem	Treatment Given/Result

Animal Project Expense Record

Start recording expenses on October 1 and continue until September 30. Record expenses as they occur. List the amount of each purchase in the appropriate column of this table. Add as many pages as needed.

Date	Expense	Feed	Animals	Equipment	Misc.
	Total Expenses by category	$	$	$	$

	Total Expenses (add all categories)	$

PUT PROJECT ADD SHEETS HERE

Check with your club for any special pages needed

Photographs Relating to Your 4-H Project
This is optional -- you do not have to include anything.

Do not make a separate tab for photos. Project photos are the last pages in the project tab.

You can earn bonus points for adding photos to your record book.

This is the fun section with very few rules! You may wish to include photos and/or drawings showing your activity in your project, your animal or still life equipment, any shows you participated in, drawings, letters, newspaper clippings about you and/or your club and project, stickers and other decorations that have to do with your 4-H project.

Please provide captions that explain things like who, what, why, when, and where.

RULE 1. Items must be from **current** year. No photos from prior years!

RULE 2. Bonus points are available for two pages, back to back, or four single-sided pages. You may add additional photo pages if you wish, but the bonus points are capped at two back-to-back or four single-sided pages.

RULE 3. Please be sure all items are secure on the page and/or in a plastic slip cover. Make sure the plastic slip cover doesn't cover book tabs.

RULE 4. AFTER the county and state fairs, you are encouraged to add at least two pages (or one back to back) of photos of your participation in fair and your exhibits at fair with captions.
PLEASE do NOT include ribbons, certificates, or any items that cannot be replaced.