

Goals

Identifying your goals and how you are going to reach them is important in helping you become more skilled and knowledgeable about your project. Goals should be specific to your project. Ask yourself: "what do I want to accomplish this year?"

Record TWO SMART goals that are Specific, Measurable, Attainable, Realistic and Time-Based. Include a "To Do" Plan for each goal with steps that will help you reach and complete your goal. Please use complete sentences.

Goal A	
"To Do" Plan	1
	2

Goal B	
"To Do" Plan	1
	2

What is one new thing you would like to try:

Animal Care and Management

Your project requires regular care and management. List the things necessary to take care of your project animal(s).

Include the following:

- Feeding and watering
- Grooming (clipping, trimming, foot care, etc.)
- Health practices and medicines
- General Management (cleaning pens and feed pans, halter breaking, training, etc.)

Daily—Things done every day
Weekly—Things done once a week
Monthly—Things done once a month
Yearly—Things done one time or occasionally throughout the year

Feed Expense Record

Record all feed, grain, hay, mineral, and supplements you purchase during the current 4-H year. Then enter the total quantity and cost. Remember to include units. Add more lines/pages as needed.

Number of animals reflected in chart _____

Total feed cost per animal \$ _____

Total grain/hay/supplements feed per animal _____

[illegible]**TOTAL FEED EXPENSE:**_____

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[illegible]**TOTAL FEED EXPENSE:**_____

Expenses Other Than Feed

Animal IDs: _____ (Tag Numbers, Scrapie ID, Etc)

Costs:	Veterinarian	Medication	Equipment	Fees (Registrations, Brand Inspection, etc.)	Animal Purchase/ Breeding	Other*	Other*	Other*	Total Cost
October									
November									
December									
January									
February									
March									
Total Cost									

Total Number of Animals _____

Total Expense Per Animal _____

*Examples of other costs: Marketing, Buyer Recognition/Thank you, Hauling, Housing, Etc.

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April									
May									
June									
July									
August									
September									
Total Cost									

Total Number of Animals _____

Total Expense Per Animal _____

*Examples of other costs: Marketing, Buyer Recognition/Thank you, Hauling, Housing, Etc.

Market Animal Weight Record

Animal Name or Tag Number _____ (Use one sheet per animal)

Divide total pounds gained by days between weighing to calculate average daily gain

(Example: 48 (pounds) / 103 (days) = 0.47 (ADG))

Location (Where did you weigh)	Date	Weight	Days Between first and last weighing	Total pounds gained	Average daily gain (pounds per day)
Example: Fairgrounds	5/11/2022	50lbs	First weight	n/a	n/a
Club Scale	5/18/2022	63lbs	7	13	1.86

Fair ADG = Fair Weight - Pre-Show Weight / Days between pre-show weigh-in and fair weigh-in.

Project Year ADG = Fair Weigh-in - First Weight / Days between first weight and fair weigh-in.

Days between pre-show weigh-in & Fair Weigh-In (Days on Feed) _____ Fair ADG _____ Project ADG _____

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Days between pre-show weigh-in & Fair Weigh-In (Days on Feed) _____ Fair ADG _____ Project ADG _____

Assets, Equipment & Supplies

Use this list to record and keep track of items that were purchase or obtained for your project. (Example: grooming supplies, halters, feeders, etc.)

[illegible]

Total Value:

Income

Include all income from project animal(s), including premiums and products.

Date	Sale Weight Or Quantity Sold	Description of Income (Example: Price per pound at auction)	Total income \$
Total Income			

Financial Summary: Please make sure to use the above totals.

Determine how much money you made or lost on your project animals. You can determine your profit (or loss) by:

A. Add Income

1. Sale Animal Income \$ _____
2. All Other Income \$ _____

Total Income (A) \$ _____

B. Add Expenses

1. Project Animal Costs \$ _____
2. Feed Expenses (pages 3 & 4) \$ _____
3. All Other Expense (pages 5 & 6) \$ _____

Total Expenses (B). \$ _____

Subtract B from A to get profit or loss Total \$ _____ (profit or loss)

Life Skills

What life skills have you learned and use in your project? Describe Below:

I used one or more of these Life Skills :	What I learned as a result of using this skill:
HEAD <i>Example: Record Keeping</i>	<i>I learned that record keeping is important so I can track my project expenses.</i>
HEART <i>Example: Sharing</i>	<i>I learned how to be helpful to other club members when getting our animals ready for the show</i>
HAND <i>Example: Self Motivation</i>	<i>I learned that setting goals helps me stay motivated to accomplish my goals.</i>
HEALTH <i>Example: Self Responsibility</i>	<i>I learned the importance of properly taking care of a animal that relies on me.</i>

I used one or more of these Life Skills: (Life skill examples below)	What I learned as a result of using this skill:
HEAD	
HEART	
HAND	
HEALTH	

THE ESSENTIAL ELEMENTS

MASTERY

Engagement in learning
Opportunity for mastery

BELONGING

Positive relationship with a caring adult
A safe environment
An inclusive environment

GENEROSITY

Opportunity to value and practice service for others

INDEPENDENCE

Opportunity to see oneself as an active participant in the future
Opportunity for self-determination

THE FOUR H'S



HEAD



HEART



HANDS



HEALTH

THE LIFE SKILLS

MANAGING

Resiliency
Keeping Records
Wise Use of Resources
Planning/Organizing
Goal Setting

THINKING

Service Learning
Critical Thinking
Problem Solving
Decision-Making
Learning to Learn

RELATING

Accepting Differences
Conflict Resolution
Social Skills
Cooperation
Communication

CARING

Sharing
Empathy
Nurturing Relationships
Concern for Others

GIVING

Community Service
Volunteering
Leadership
Responsible Citizenship
Contributions to Group
Effort

WORKING

Marketable Skills
Teamwork
Self-Motivation

LIVING

Healthy Lifestyle Choices
Stress Management
Disease Prevention
Personal Safety

BEING

Self-Esteem
Self-Responsibility
Character
Managing Feelings
Self-Discipline

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Goal Reflection

Goals help you achieve more when you review them each year. At the END of the year, answer the following questions in complete sentences.

Did you meet your goals this year (pg. 1)? Why or why not?	
Which parts of your to-do plan did you complete?	
What helped you complete your goal? What challenges kept you from reaching your goals?	

Project Completion

I declare that the information in this book is correct and all 4-H requirements have been completed to the best of my knowledge.

Member Signature

Date

Leader Signature

Date

Parent/Guardian Signature

Date

NOTE: Include this as the last page of your Record Book, after your story and pictures.