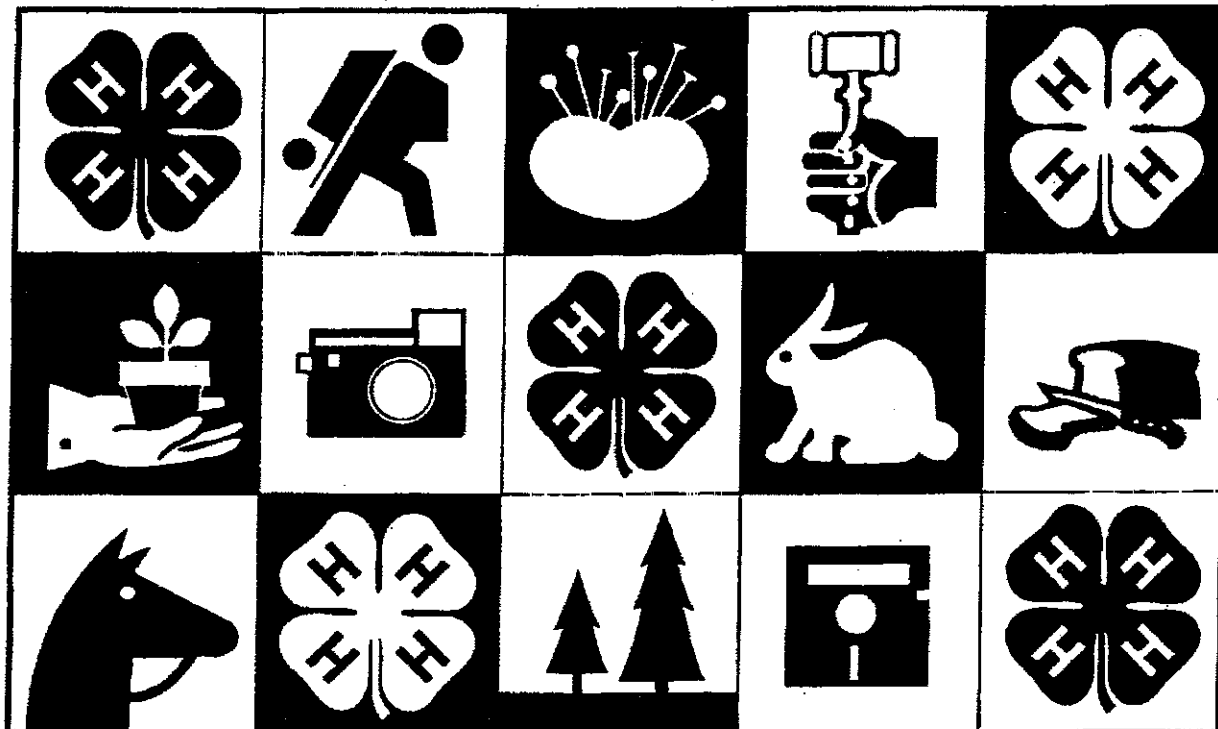




# 4-H RECORD BOOK



NAME \_\_\_\_\_ # OF YEARS IN 4-H \_\_\_\_\_ AGE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ GRADE IN SCHOOL \_\_\_\_\_ 4-H DIVISION JR INT SR

ADDRESS \_\_\_\_\_

CLUB \_\_\_\_\_

Current Year: 20\_\_\_\_ to 20\_\_\_\_

W.S.U. Cooperative Extension, Island County 4-H/Youth Development

## BASIC INSTRUCTIONS

- 1 Use this record book for all the things you do in 4-H this year.
- 2 Separate each section with divider and tab. The sections listed below that need to be divided are marked with an asterisk (\*)
- 3 Keep the Project Plans Project Journal and/or Project Add Sheet and Supplemental Project information for each Project together
- 4 Use your records to look back on what you have done for the 4-h year; show what you have learned and how you have improved yourself.
- 5 Start on your record book as soon as you start your 4-H Project for the year.
- 6 Your record book is your personal work. It should be kept current as the year progresses. Handwriting (pencil or pen) or typing is to be your own.
- 7 For working on your record book throughout the year it will be helpful to keep it in a hardcover threehole binder, but before you turn it in - transfer it to A FLAT BINDER and put your name and club on the outside

## ORDER OF CONTENTS

1. **Front Cover** Be sure to complete all information on the front cover. Members may want to color the pictures, where appropriate
2. **\*My 4-H Planning Calendar** Write down the 4-H events and activities in which you will be involved. such as 4-h meetings, contests, camp clinics, fairs, county 4-H programs and club and project-related activities.
3. **\*My 4-H Projects** Each 4-H project must have its own project plans project journal and/or project record (add sheets) and project supplemental information. Each project section should be divided and marked with a tab.

**A> Project Plans** This section is a plan of what you want to learn for the year in your 4-H project. It would be related to your skill level, knowledge, or experience in the project. It is also a plan on how you are going to learn these things (i.e. read 4-H publications attend project meetings go to workshops have leaders help me etc) finally it shows how you plan to pay for your project or activity. Have your leader and parent sign your project plans so they can support you with your goals

### **B> Project Journal and/or Project Records**

The project journal is like a diary to record what you are doing in your project and what you have learned. It should have enough information to show what you have done in your project. If you are doing the same thing every day (i.e. feeding animals riding cleaning pens baking, etc) you can combine information into a weekly or monthly summary. You can add more pages if needed. You can use a Project Record (Add Sheet) instead of or in addition to the project journal. These are special project add sheets that are

Available from your leader or at the 4-H office. If you do not use the journal, please write "see project add sheet" across the page! This page is for letters pictures newspaper clippings etc related only to your project. Please do not include actual ribbons. A picture of all your ribbons would be okay. You may use as many as two pages (4 sides in all). All items must be captioned.

**1 \*My 4-H Activities** (this section is to record what you do in 4-H beyond your 4-H project). Must have an entry in each section or put "none"

**4-H Contest** List any 4-H contest you entered, such as Bread Baking, Fashion Revue, Quiz Bowl Fitting & Showing **Public Presentation** List Demonstrations or Illustrated Talks you did in your club, at a county Public Presentation contest, County or State Fair, or in front of other groups **Judging** record any judging activities or contests in which you participate in your club community county or state **Community Service** List the activities or services you helped your club do for your town, your community county or state.

**4-H Promotion** Show everything you did to promote 4-H Talks or displays (posters, window displays TV and newspaper stories).

**Club Officers & Committees** List any 4-H office you held or committees worked on

**Leadership** Tell about the things you taught to others or assisted with

**Other 4-H Events** Record 4-H activities and events that you attend. Include Achievement night, Rally Super Saturday workshops, tours, camp, teen activities, etc

**Contests I went to that were not 4-H** List any non 4-H contests you participated in. These could be project related or not

**School And Community List** activities in which you are involved and things you've done in school church community etc

**My Top 4-H Awards and Honors** List any recognition you have received as a 4-H member. It can include club, county or state recognition

**Club and Project Meeting Attendance** Show how many meetings (business & project) your club held and how many you attended

**2 \*My 4-H Story** When you complete this 4-h year write your 4-H Story in narrative form. Write as though you are actually talking to the reader. Your story should have five parts and be no longer than two sides of one page.

### **Supplemental Information for my 4-H Story**

This section is for items related to your club, school or community. It may contain pictures, letters news clippings, thank you notes etc. It cannot include ribbons. All items should be captioned. It should supplement what was written in your 4-H story. You may use additional pages if needed.

# MY 4-H PLANNING CALENDAR

Write down all 4-H events and activities. Put a check next to events you attended. Indicate if event was canceled

## OCTOBER

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## NOVEMBER

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## DECEMBER

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## JANUARY

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**FEBRUARY**

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**MARCH**

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**AUGUST**

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**SEPTEMBER**

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**MY PROJECT PLANS**

You must have a Project Plans page for each project you are enrolled in

PLANS FOR MY \_\_\_\_\_ PROJECT

HOW LONG IN 4-H PROGRAM?

HOW LONG IN THIS PROJECT?

**SOME OF THE THINGS I PLAN TO LEARN THIS YEAR.** ( fill this out at the beginning of the year)

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**HOW I EXPECT TO LEARN THESE THINGS.** ( may be added during the year)

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**PROJECTS OR ACTIVITIES COST MONEY; HOW DO I PLAN TO PAY FOR IT?**

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**AFTER PLANS ARE MADE, PARENTS AND LEADER SIGN HERE.**

\_\_\_\_\_  
PARENT

\_\_\_\_\_  
DATE LEADER

\_\_\_\_\_  
DATE



# SUPPLEMENTAL INFORMATION FOR MY \_\_\_\_\_ PROJECT

This page is for letters, pictures, newspaper clippings, etc., related to this project only - no ribbons. All items must be captioned and dated. Maximum of two pages front and back.

## MY ACTIVITIES

Some activities may fall under more than one category, but list each activity only once. Write N/A if not applicable. do not leave blank.

### 4-H CONTEST

List 4-H contest you entered including those listed in Fair Premium Book (fashion Revue, Bread Baking, Quiz Bowl, Fit & Show, Ed Poster, etc.)

Date	Contest Entered	Location/Award

### 4-H PUBLIC PRESENTATIONS

#### DEMONSTRATIONS-ILLUSTRATED TALKS

List 4-H Demonstrations or Illustrated Talks you did in your club, County Public Presentation Contest, County/State Fair, or in front of other groups.

Date	Title Of Presentation	Where: Club/County/State	Award

### 4-H JUDGING CONTEST

Record any 4-H judging activities or contest

Date	Kind of Judging	Where: Club/County/State	Award

### 4-H PROMOTION AND EDUCATION

List things you did to promote the 4-H program, such as recruiting or educating the public about 4-H, promo display, parades.

Date	What I did	Where

### OTHER 4-H EVENTS

Club, County, District, State 4-H events. For example, Fund Raising, Achievement Night, Rally Night, Super Saturday, Tours, Camps, Teen Activities.

Date	Event

### 4-H CLUB OFFICES AND COMMITTEES

List 4-H Offices Held and Committees you served on.

Date	Office or Committee

### LEADERSHIP

Club or Community, tell about the things you did that demonstrated leadership like teaching others leading an activity setting a good example, etc.

Date	Event	Where

### COMMUNITY SERVICE

Any activity or service you did or helped your club do. Include things you did with other groups or on your own.

Date	Activity/Service

### NON 4-H CONTESTS

List contests you entered that were not related to 4-H. Does not have to be project related.

Date	Contest	Where	Award

## COMMUNITY ACTIVITIES

List activities in which you are involved and things you've done in school, church, community, groups/clubs outside 4-H, etc.

Date	What

## MY TOP 4-H ACCOMPLISHMENTS

List goals you reached and awards and honors you won.

Date	Accomplishment

## CLUB BUSINESS & PROJECT MEETING ATTENDANCE

Month Begin with October	O	N	D	J	F	M	A	M	J	J	A	S
Number of meetings held (determined by leader)												
Number you Went to:												





## **SUPPLEMENTAL INFORMATION FOR MY 4-H STORY**

This section is for items related to your club, community and school activities. It may contain pictures, news clippings, or letters. Do not include ribbons. It should supplement what was written in your 4-H story. Only put pictures in here about things that are talked about in your 4-H story. All items must be captioned and dated.

## SUGGESTIONS FOR YOUR 4-H YEAR

At the beginning of each year, leaders, members and parents should agree on activities that will be used by the club.

This is a list of suggestions.

1. Attend a certain number of club meetings.
2. Attend a certain number of project meetings.
3. Serve as a committee member and/or officer.
4. Do a public presentation
5. Keep a record book.
6. Learn some new skills and knowledge.
7. Have an exhibit.
8. Work on a community service project.
9. Do leadership activities or help members in your club.
10. Participate in an out-of-club activity such as camp or conference.
1. Be creative. (This is the leader's and member's opportunity to think of other things that could contribute to the 4-H experience.)