# CANADIAN COUNTY 4-H RECORD BOOK KIT 

Project Records Run From May 1 ${ }^{\text {st }}$ $\qquad$ until April 30 ${ }^{\text {th }}$ $\qquad$
Here is your supply of forms to start your very own CANADIAN County 4-H Record Book. These are only the basic forms you need for your book. As you begin keeping records of your 4-H work, you will find more details that you wish to record. Additional forms are available at the OSU Extension Center or your local 4H Organizational Leader to help you expand your record book or you may use your own creativity to make your own forms.

## Assembling Your 4-H Record Book (Secure all materials in 4-H Record Book Folder)

1. Cover Page - ("My 4-H Record Book") - you may decorate this page
2. Personal information/Photo Page
3. Blank divider page with tab for "Table of Contents"
4. Table of Contents - list all pages
5. Blank divider page with tab for "4-H Story"
6. My 4-H Story - Your 4-H Story shows growth in your 4-H work by telling in story form the most outstanding accomplishments, funny things that have happened as well as disasters. Avoid a year-by year-listing of what you did, but may include work all the way back to your first year. Don't save the best for last, put it near the beginning to catch the reader's interest. Try to show the human interest side of what 4-H has done for you, your family, your community and how it has influenced your future plans in 4-H and in life. Be specific-explain what you mean when something is "great" or "wonderful." Ask someone to read your story to check for mistakes and clarity. If something is not clear, rewrite it.
7. Blank divider page with tab for "4-H Participation Section"
8. 4-H Leadership

4-H Citizenship/Community Activities 4-H Offices Held/Committees Served On 4-H Exhibit Record
4-H Speeches/Illustrated Presentations
Other 4-H Events and Activities
Non 4-H Experiences in School, Church and Community
9. Blank divider page with tab for each Project Section
10. No limit on number of projects or pages you can have in a project section. Individual Project Pages are available at the CANADIAN County OSU Extension Center or 4-H Organizational Leaders. Each project section can have the individual project page in which "Project Objective" is written, "New Things Learned" is written, and "Work Done in Project" is reported. An "Expense/Income" sheet may be completed. Project photographs may be included in the individual project section. Picture pages will be limited to three pages and three pictures per page.
$\square$

Name:
(First) (Middle) (Last)

Beginner (Jr.)
4-H Age Division
Year in School (On Sept 1 current year)

Address (Street, Route or Box \#):

| Town | State | Zip | County |
| :--- | :--- | :--- | :--- |

## Table of Contents

## MY 4-H STORY

(Use no more than the three pages.)
Your story is an important part of your 4-H record. As you write your story, you may want to include these points:

* Write about the projects you have worked on this year.
* Write about the most important 4-H experience you have had this year.
* Write about the funny, distressing, or unusual experiences encountered in your 4-H work.
* Write about your plans for the future.
* To access the formatting panel to adjust font, weight, size, or other settings, select CTRL-E (Command-E on Mac).


## 4-H Speeches/Illustrated Presentations

(For All Project Areas)

| Year | Project | Title of Talk/ <br> Illustrated Presentation | Group Given <br> To/Place | Attendance | Award |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Example: <br> 2000-01 | Example: <br> Illustrated <br> Presentation | "Wonderful World of Peanuts" | CANADIAN Co. 4-H <br> Illustrated Presentation <br> Contest, El Reno | 27 |  |
|  |  |  |  | $2^{\text {nd }}$ Ribbon |  |
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## 4-H EXHIBIT RECORD

(Examples: Fairs, Food Show, Share-the-Fun, Fashion Review, Animal Shows, Etc.)

| Year | Project | Kind/Name of Exhibit | Place Held | Placing | Award |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{\|l\|} \hline \text { Example: } \\ \text { 2000-01 } \\ 2000-01 \end{array}$ | Example: <br> Recreation <br> Foods | Example: <br> "Saved By The Bell" - Group Act <br> Chocolate Chip Cookies | CANADIAN Co Share-The-Fun, El Reno <br> CANADIAN Co. Free Fair | Blue Champion $3 r d$ | Ribbon <br> Ribbon |
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## WORKSHOPS/PROGRAMS ATTENDED

(For All Project Areas)

| Year | Project | Name of <br> Workshop/Program | Place Held | Instructor/ <br> Speaker |
| :--- | :--- | :--- | :--- | :--- |
| Example: <br> 2000-01 | Example: <br> Foods | Breads Workshop |  |  |

## Tours/Field Trips Attended

(For All Project Areas)

| Year | Project | Name of Tour/Field Trip | Place Toured | Sponsor |
| :---: | :--- | :--- | :--- | :--- |
| Example: <br> 2000-01 | Example: <br> Citizenship | Junior 4-H Citizenship Tour | (Includ' Farms, Ranches, Businesses, Museums, Etc.) <br> Braum's Dairy <br> Expo Square, Oklahoma City <br> Celebration Station | Cloverville 4-H <br> Club |
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## Judging Events/Workouts Attended

(For All Project Areas)

| Year | Project | Name of Event | Place Held | Placing | Award |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Example: <br> 2000-01 <br> Beef | County Meat Judging Contest | Canadian Co. Fairgrounds | 4th Place Team | Risbon |  |
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NEWSPAPER ARTICLES/RADIO/TV PROGRAMS
(For All Project Areas)

| Year | Project | Name of Paper/Radio/TV | $\begin{array}{c}\text { Subject of } \\ \text { Article/Program }\end{array}$ | $\begin{array}{c}\text { Audience } \\ \text { Number }\end{array}$ |
| :--- | :--- | :--- | :--- | :--- |
| $\begin{array}{l}\text { Example: } \\ \text { 2000-01 }\end{array}$ | $\begin{array}{l}\text { Example: } \\ \text { Citizenship }\end{array}$ | CANADIAN Co Journal |  | October Club Report |$], 200$|  |
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## 4-H LEADERSHIP/PROMOTIONAL LEADERSHIP

(For All Project Areas)


## 4-H Offices/Held/Committees Served On

(For All 4-H Projects Involved In)

| Year | 4-H Club | Office Held/Committee Served On | Level | Responsibilities |
| :---: | :---: | :---: | :---: | :---: |
| Example: <br> 2000-01 2000-01 | Example: <br> Local <br> Electric | Club Recreation Leader <br> Telephone Committee | Local <br> County | Led Songs and conducted games for the club. <br> I was responsible for contacting a list of 10 members before club events. |
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## CITIZENSHIP/COMMUNITY ACTIVITY

(For All Project Areas)

| Year | Project | Citizenship/Community Activity | Place Held | Ind./ Group | \# <br> Helped |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{\|l\|} \hline \text { Example } \\ 2000-01 \\ 2000-01 \end{array}$ | Example: <br> Community Service Community Service | (Include citizenship experiences with senior citizens, handicapped, underprivileged, community and international service, plus any other.) Christmas Caroling Collecting money for McDonald House | Grace Living Center, Yukon | Group <br> Individual | $\begin{aligned} & 35 \\ & 15 \end{aligned}$ |
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## OTHER EVENTS/ACTIVITIES ATTENDED

(For All Project Areas)

| Year | Project | Name of Event/Activity | Place Held | Other Information |
| :---: | :--- | :--- | :--- | :--- |
| Example: <br> 2000-01 | Lxample: <br> Leadership | Tri-County 4-H Camp | Roman Nose Camp Ground | 32 4-Hers attended |
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## AWARDS AND RECOGNITIONS

(For All Project Areas)

| Year | List awards and special recognitions you have received for your 4-H work. | Level |
| :---: | :---: | :---: |
| $\begin{aligned} & \hline \text { Example: } \\ & 1990-91 \end{aligned}$ | (Trips, Medals, Trophies, Plaques, Ribbons, Scholarships and Other Recognitions not listed on Exhibit Record Page) <br> Junior 4-H Citizenship Trip, Norman | County |
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| Group/ <br> Organization | School |
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Non-4-H Experiences

| Group/ <br> Organization | Community |
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Non-4-H Experiences

| Group/ <br> Organization | Church |
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Project Objectives
(Copy word-for-word objectives for your 4-H project. These are available at the CANADIAN County Extension Office or on the Oklahoma 4-H website)

## New Things Learned In My

| Year | List the new things you learned in your 4-H project work. <br> Be Specific |
| :--- | :--- |
| Example: | Ilearned to: <br> Keep clean, fresh water in front of my lambs every single day so they will be healthy and gain more weight. <br> Open a checking account at our local bank, how to write a check for entry fees and feed and how to balance <br> a checkbook at the end of each month. |
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## WORK DONE IN PROJECT

(Articles Made, Animals Owned, Hours Worked, Etc. You make your own headings to fit your project.)

| Year | Project |  |
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## EXPENSES/INCOME

| Project | Description of Expense or Income | \$ Expense | \$ Income |
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## CANADIAN COUNTY 4-H PROJECT REPORT FORM

## Eligibility:

1. Must be at least 9 years of age as of January 1 of this year to qualify for the medals or certificates.
2. Can receive only two county medals.
3. Can not receive the same medal twice

## Materials Required:

1. Story: No more than three pages.
2. Pictures: No more than 3 pictures per page and no more than 3 pages per project.

Signature of 4-H Member

Signature of Parent or Guardian

