



UPDATED 10/2023

Member's Name	
4-H Club	
Phone #	
Parent's E-mail	
Age as of Jan 1st of current year	
Year in School as of Jan 1 st of current year	
Year in 4-H	

**Project Medals Applying for with this
County 4-H Record Book (Maximum of 2 per year):**

- 1.
- 2.

Record Book Guidelines: Record Books are due to the Garfield County Extension office on the **first Monday in August**. Remember to include a caption for each photo. Font size should be no smaller than 12 point. Recommended fonts are Times New Roman, Arial, and Calibri.

County Record Book Check List

Place the following items in order in a green *4-H Member's Record* folder available through the Extension Office or in a three-ring binder or folder of your choosing:

- Garfield County 4-H Record Book Form
- 4-H Story (6 page maximum) (**hand written**)
- One page of photos with captions focusing on project work for each project medal
(max. 2 project medal areas/year = max. 2 pages project work photos) -
- One page of photos with captions focusing on leadership (Ideally pertaining to project work)
- One page of photos with captions focusing on citizenship (Ideally pertaining to project work)
- For ALL photo pages, place title at top of page: ex. Name of Project, Leadership, Citizenship**

We have reviewed this form and believe the information in it to be correct and completed by the 4-H member

4-H Member	Date
Parent/Guardian	Date
4-H Leader	Date

4-H Project Work is based on QUALITY not QUANTITY!

Project areas available to medal in

Aerospace & Rocketry	Environmental Stewardship	Performing Arts
Agriculture	Expressive Arts	Photography
Automotive	Family and Consumer Sciences	Personal Development
Beef	Farm Machinery	Plant and Soil Sciences
Bicycle	Foods and Nutrition	Poultry
Breads	Food Preservation	Public Speaking
Childcare, Child Development	Forestry	Rabbits
Citizenship	Gardens and Horticulture	Robotics
Community Service	Geology	Safety
Communication Arts	Goats – meat, milk and hair	Science Engineering and Technology
Companion Animals	Health Living	Sheep
Consumer Education	Horse, Donkey, Mule	Shooting Sports
Dairy	Industrial Arts	Small Engines
Design and Construction (formerly Fabric and Fashions)	International/Cultural Education	Swine
Electricity & Electronics	Leadership	Vet Science
Entomology and Bees	Llama	Wildlife and Fisheries
Entrepreneurship (Money Mgmt)	Meats	Wood Science
	Outdoor Education and Recreation	

Participation in 4-H Events and Activities

1. Club Attendance

Please X the months you attended your club's meeting. Put "DNM" if your club did not meet that month.

August	Date	January	Date
September	Date	February	Date
October	Date	March	Date
November	Date	April	Date
December	Date	May	Date

2. County Activities

Please X the county 4-H activities you have attended. Be sure to write about the details of your participation in these events throughout your record book. If an activity is not listed, please include it in the proper section in your book.

Back to School Bash	4-H Has Talent
Summer Workshops	Food Showdown
Achievement Reception	Job Readiness Contest
Garfield County Free Fair	Speech Contest
County Officer Elections	Garfield County Spring Livestock Show
4-H Week Participation	Fashion Revue & Impressive Dress

6. Speeches, Demonstrations, & Judging Contests

Please list speeches, demonstrations, or judging contests in which you have competed in. Make sure to include the name or topic and whether it was L (local), C (county), D (district), S (state), or N (national) and how many people were in attendance. Estimate this as best as possible. Please list your placing.

Project Area	Project Medal Area	Name/Topic of Speech/Demonstration	Level (L,C,D,S,N)	#	Placing (1 st , "A" rating)
<i>Ex: Public Speaking</i>		<i>Gave a PowerPoint presentation titled How to Use PowerPoint the Right Way</i>	<i>C</i> <i>D</i>	<i>14</i> <i>23</i>	<i>3rd in C</i> <i>5th in D</i>

7. Fair Exhibits, Livestock Shows and Shooting Sports Events

Please list all your fair exhibits, including building and livestock exhibits. Make sure to describe the exhibit in detail, and whether it was L (local), C (county), D (district), S (state), or N (national). Also list your placing for the exhibit. On livestock exhibits, please include the name or location of the show (County Fair, Spring Livestock Show, TSF, OYE, KC, Denver, etc.). Building exhibits will be assumed as county fair if marked at the "C" level or the Tulsa State Fair if marked at the "S" level. If different, please specify.

Project Area	Project Medal Area	Exhibit	Level (L,C,D,S,N)	Placing (1 st , "A" rating)
<i>Ex: Swine</i>		<i>Exhibited 1 Chester White market hog, light weight class at the County Fair</i>	<i>C</i>	<i>1st in class, Breed Res.</i>
<i>Ex: Design and Construction</i>		<i>Entered fully lined skirt</i>	<i>C, S</i>	<i>1st in C</i> <i>3rd in S</i>
<i>Ex: Shooting Sports</i>		<i>Competed in 3 NW District Archery Series Shoots</i>	<i>D</i>	<i>3rd, 4th, 2nd</i>

My 4-H Story

In your own words, tell about yourself, your project work, leadership and citizenship experiences, and highlights of the 4-H year. This includes your successes as well as your failures; how friends, parents, and 4-H volunteers have helped you along the way; and what your goals are for next year. **Must be handwritten.**

Suggested length of story by 4-H age:

9 years old – 1 page

10-11 years old – 2 pages

12 years old – 3 pages

13 years old – 4 to 5 pages

14-18 years old – 4 to 6 pages

Story Continued