

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	International/Cultural Education	Swine
Fabric and Fashions)	Leadership	Vet Science
Electricity & Electronics	Llama	Wildlife and Fisheries
Entomology and Bees	Meats	Wood Science
Entrepreneurship (Money Mgmt)	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 Bash4-H Has TalentSummer WorkshopsFood ShowdownAchievement ReceptionJob Readiness ContestGarfield County Free FairSpeech Contest

County Officer Elections Garfield County Spring Livestock Show 4-H Week Participation Fashion Revue & Impressive Dress

3. District Activities

Please X the district 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.

Jr 4-H CampDistrict Food ShowdownSr 4-H RetreatDistrict Speech ContestDistrict Leadership ConferenceDistrict Robotics ContestDistrict 4-H Has TalentDistrict Discovery Days

4. State Activities

Please X the state 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.

State 4-H STEM Camp Tulsa State Fair

State 4-H Volunteers Conference Oklahoma Bright Night Science Camp-in

State 4-H Roundup Oklahoma Youth Expo State Fair of Oklahoma (OKC) Zoo Snooze Camp-in

5. Workshops

Please list workshops you have attended (A) or presented (P). Make sure to include the name or topic of the workshop, and whether it was L (local), C (county), D (district), S (state), or N (national). Also note approximately how many people were in attendance, estimate this as best as possible.

Project Area	Project Medal Area	Name/Topic of Workshop	Attended / Presented (A or P)	Level (L,C,D,S,N)	#
Ex: Fabrics and Fashion	Х	Attended 2 day sewing workshop	Α	С	8
Ex: Wildlife	Х	Went to OSU to see a presentation by Tom Ulrich, famed wildlife	А	S	120

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

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

Fair Exhibits and Livestock Shows Continued

Project Area	Project Medal Area	Level (L,C,D,S,N)	Placing (1st, "A" rating)
	Alea		

8. Project Work Completed

List work you have done, such as number of animals, articles made, time spent, work completed, etc. Include tours and field trips attended, literature read, newspaper articles written, etc. Under project listed, indicate whether it was L (local), C (county), D (district), S (state), or N (national).

Project Area	Project	Project Work	Level	Time
-	Medal		(L,C,D,S,N)	Spent
	Area			•
Ex: Shooting Sports		Wrote article for the Cloverleaf State 4-H	S	2 hours
		Newsletter about the Shooting Sports Instructor		
Ex: Horse		Cared for two horses, practiced barrels 3 days a	L	312
		week for 2 hours		hours
Ex: Breads		Baked 2 dozen cinnamon rolls for the farmer's	С	3 hours
		market, supplies cost \$14.00, sold for a profit of		

9. Skills Learned

What have you learned as a result of participating in the project work listed on the previous page? Also, list skills you acquired relating to the project.

acquired relating to the projec Project Area	Proiect	Skills Learned
.,	Medal Area	
Ex: Communication		Interviewing, news writing, and communication skills through preparing a news article
Ex: Horse		Putting in the time to practice helps improve my performance
Ex: Breads	Х	It's important to check the expiration date on foods/yeast
Ex: Foods and Nutrition	Х	Proper measuring techniques for dry ingredients

10. Leadership

What leadership activities have you been involved in? Include helping others on a one-to-one basis, or as a group; planning or organizing an activity; holding an office; serving on a committee, etc. Under project listed, indicate whether it was L (local), C (county), D (district), S (state), or N (national).

Project Area	Project Medal Area	Activity/Position Held	Level (L,C,D,S,N)	#
Ex: Leadership	Alea	Elected Country Clovers 4-H Club Secretary	L	21
Ex: Community Service		Organized donations for county Relay for Life auction basket	С	240
Ex: Rabbit		Led a rabbit showmanship workshop for my club	L	21

11. Citizenship

What citizenship/community service activities have you been involved in? Include activities that benefit an individual or your community. Also include activities that exhibit the qualities of a good citizen. Under project listed, indicate whether it was L (local), C (county), D (district), S (state), or N (national).

Project Area	Project Medal	Activity/Donation	Level (L,C,D,S,N)	#
	Area			
Ex: Community Service		Donated 3 items to the county Relay for Life auction basket	С	240
Ex: Shooting Sports		Volunteered at the Enid deer check station	С	250
Ex: Citizenship		Helped with mock elections at my school	L	63

12. 4-H Awards and Special Recognition

List awards you have previously not mentioned in your record book, such as record book placing from last year, record book medals, achievement awards, local club honors, state honors, etc. Under project listed, indicate whether it was L (local), C (county), D (district), S (state), or N (national).

Project Area	Project	Award	Level
	Medal		(L,C,D,S,N)
	Area		
Ex: Shooting Sports		NW District Winter Series Shoot Compound Archery Series Champion	D
Ex: Achievement		Jr Achievement Award Winner	С
Ex: Achievement		Member of Outstanding Club of the Year	С

13. Non-4-H Experiences

List your most meaningful non-4-H experiences and awards, including participation in school, faith or community organization. Under project listed, indicate whether it was L (local), C (county), D (district), S (state), or N (national).

Name of Activity	Level
	(L,C,D,S,N)
Ex. Represented Oklahoma at the AQHYA quiz bowl, placed 2 nd	N
Ex. Greenville JV Basketball Team Captain	L

14. Additional PageUse this section to list any activities that did not fit in the previous sections

Project Area	Project Medal	Project Work/Skills Learned/Activity/Award	Level (L,C,D,S,N)	#
	Area		(-, 3, 2, 5, 1)	

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