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 1st 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	Farm Machinery	Personal Development
ATV	Foods and Nutrition	Plant and Soil Sciences
Automotive	Flower Gardening & House Plants	Postmark
Beef	Gardens - Fruits/Vegetables	Poultry
Bicycle	Goats – meat, milk and hair	Public Speaking
Childcare, Child Development	Health & Fitness	Rabbits
Citizenship	Hobbies and Collectables	Recreation and Leisure Education
Community Service	Horse, Donkey, Mule	Robotics
Communication Arts	Industrial Arts	Safety
Companion Animals	International/Cultural Education	Science Engineering and Technology
Consumer Education	Leadership	Sheep
Dairy	Llama	Shooting Sports
Design and Construction (formerly Fabric and Fashions)	Meats	Small Engines
	Meteorology	Sport fishing
Electricity & Electronics	Natural Resources – Wildlife/Fisheries/ Forestry/Geology/Range	Swine
Energy		Tractor and Machinery Safety
Entomology and Bees	Ornamental Horticulture & Landscaping	Vet Science
Entrepreneurship	Outdoor Education	
Environmental Stewardship	Photography	
Expressive Arts	Performing Arts	

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 _____
- ☐ September Date_____
- ☐ October Date_____
- ☐ November Date_____
- ☐ December Date_____
- ☐ January Date_____
- ☐ February Date_____
- ☐ March Date_____
- ☐ April 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
- ☐ Summer Workshops
- ☐ Achievement Banquet
- ☐ Garfield County Free Fair
- ☐ Club Officers' Training
- ☐ 4-H Week Participation
- ☐ 4-H Has Talent
- ☐ Food Showdown
- ☐ Job Readiness Contest
- ☐ Speech Contest
- ☐ Garfield County Spring Livestock Show
- ☐ 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 Camp
- ☐ Sr 4-H Retreat
- ☐ District Leadership Conference
- ☐ District 4-H Has Talent
- ☐ District Food Showdown
- ☐ District Speech Contest
- ☐ District Robotics Contest
- ☐ District Fashion Review

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
- ☐ State 4-H Volunteers Conference
- ☐ State 4-H Roundup
- ☐ State Fair of Oklahoma (OKC)
- ☐ Tulsa State Fair
- ☐ Oklahoma Bright Night Science Camp-in
- ☐ Oklahoma Youth Expo
- ☐ 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	X	***Attended 2 day sewing workshop***	***A***	***C***	***8***
Ex: Wildlife		***Went to OSU to see a presentation by Tom Ulrich, famed wildlife***	***A***	***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 Medal Area	Name/Topic of Speech/Demonstration	Level (L,C,D,S,N)	#	Placing (1st, "A" rating)
Ex: Public Speaking		***Gave a PowerPoint presentation titled How to Use PowerPoint the Right Way***	***C*** ***D***	***14*** ***23***	***3rd in C*** ***5th 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 Medal Area	Exhibit	Level (L,C,D,S,N)	Placing (1st, "A" rating)
Ex: Swine		**Exhibited 1 Chester White market hog, light weight class at the County Fair**	**C**	**1st in class, Breed Res.**
Ex: Design and Construction		**Entered fully lined skirt**	**C, S**	**1st in C** **3rd in S**
Ex: Shooting Sports		**Competed in 3 NW District Archery Series Shoots**	**D**	**3rd, 4th, 2nd**

Fair Exhibits and Livestock Shows Continued

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

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

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.

Project Area	Project Medal Area	Skills Learned
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	X	***It's important to check the expiration date on foods/yeast***
Ex: Foods and Nutrition	X	***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		***Elected Country Clovers 4-H Club Secretary***	***L***	***21***
Ex: Community Service		***Organized donations for county Relay for Life auction basket***	***C***	***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 Area	Activity/Donation	Level (L,C,D,S,N)	#
Ex: Community Service		***Donated 3 items to the county Relay for Life auction basket***	C	240
Ex: Shooting Sports		***Volunteered at the Enid deer check station***	C	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 Medal Area	Award	Level (L,C,D,S,N)
Ex: Shooting Sports		***NW District Winter Series Shoot Compound Archery Series Champion***	D
Ex: Achievement		***Jr Achievement Award Winner***	C
Ex: Achievement		***Member of Outstanding Club of the Year***	C

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)
Represented Oklahoma at the AQHYA quiz bowl, placed 2nd	N
Greenville JV Basketball Team Captain	L

14. Additional Page

Use this section to list any activities that did not fit in the previous sections

Project Area	Project Medal Area	Project Work/Skills Learned/Activity/Award	Level (L,C,D,S,N)	#

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