



UPDATED 7/2026

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
	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 _____
 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 Reception
 Garfield County Free Fair
 County Officer Elections
 4-H Week Participation

Cupcake Wars
 County Science Night
 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

District Horse Show

District Leadership Conference

District 4-H Has Talent

District Food Showdown

District Speech Contest

District Cupcake Wars

District 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

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

Under the Seas 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.

[illegible]

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>

Fair Exhibits and Livestock Shows Continued

[illegible]

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).

[illegible]

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.

[illegible]

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).

[illegible]

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).

[illegible]

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)
<i>Ex: Shooting Sports</i>		<i>NW District Winter Series Shoot Compound Archery Series Champion</i>	<i>D</i>
<i>Ex: Achievement</i>		<i>Jr Achievement Award Winner</i>	<i>C</i>
<i>Ex: Achievement</i>		<i>Member of Outstanding Club of the Year</i>	<i>C</i>

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).

[illegible]

14. Additional Page

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

[illegible]

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 grade completed:

3rd grade – 1 page

6th grade – 4 to 5 pages

4th grade – 2 pages

7th – 12th grade – 4 to 6 pages

5th grade – 3 pages

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]