Garvin County 4-H

4-H Record Book

4-H Year June 1, 20__ to May 31, 20__

Member's Name: _____

Address: _____

_____

4-H Club: _____

Age (on January 1 of this year): _____

Year in School (on January 1 of this year): _____

County Medals – 4-H'er can receive only 1 county medal each year. To receive a medal, 4-H'er should report at least 2 (or more) new things learned in a project; 2) Participate in at least 2 learning experiences in the reported project; 3) Show work done in the reported project; 4) Have at least one citizenship or leadership activity (may be any project); 5) Complete a 4-H Story.

Medals I would like to receive:	**Medals I have already received:**
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____
☐ _____	☐ _____

Place a check beside the project that you want.

Parent's signature _____

Leader's signature _____

Replace this page each year

4-H Story

Year - _____

Tell us about what you did in 4-H this year. Include the following points in your story. Tell a little bit about yourself, how 4-H helped you learn things about your projects, things you tried that worked, and things that didn't work, any funny or frustrating things that happened and what you want to try next.

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Story / Continued…

Project Work Completed **Year: _____**

List work you have done, such as number of animals, articles made, time spent, work completed, etc…include speeches and demonstrations given, workshops attended, tours and field trips attended, judging workshops attended, literature read, exhibits prepared, newspaper articles written, etc… Under project listed, indicate whether local, county, district, state or National (L, C, D, S, N).

Project	Project Work/Activity	Level

What have you learned? **Year: _____**

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

Project	**What was learned**

Leadership **Year: _____**

What leadership activities have you been involved in? May 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 local, county, district, state or National (L, C, D, S, N).

Project	Activity	Number Reached	Level

Citizenship **Year: _____**

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

Project	Activity	No. Helped	Hours	Level

Awards Received in 4-H **Year: _____**

List awards such as ribbons, placing, trophies, etc…

Project	**Project Work/Activity**

4-H Activities Participated In **Year: _____**

Such as County Fair, Pumpkin Fair, Mini-Roundup. Specify level such as local, county, district, state or National (L, C, D, S, N).

Project	Project Work/Activity	Level

_____ / Continued… Year: _____

Project	Activity/Experience/Award, etc…	Level

Use this page when title page is full – use as many as needed

Non-4-H Experiences in School, Church, Community **Year: _____**

May include: School – sports, band, honor roll; Church – choir, youth group; Community – boy scouts, girl scouts, theatre, sports, etc…

School, Church, Community	**Experiences**

Assembling Your 4-H Record Book

A 4-H Record Book is a summary of your accomplishments in 4-H. The reporting year runs from June 1 through May 30 of the following year. Record books are due the first part of June. The exact date will be in the 4-H newsletter. This is not a scrapbook; do not include award ribbons, certificates, newspaper clippings, etc. **These record book pages are for use by 4-H'ers ages 9 through 13. Members who are 14 years old on January 1 of the current year must use the *Oklahoma 4-H Report Form.***

Keep your record book in a folder or notebook. You will want to be able to add pages to your book as needed. It is recommended that the final copy be placed in a green cardboard folder entitled, "Member's Record", which is available for purchase at the County Extension Office. The record book pages should be handwritten in ink by the 4-H member (erasable ink pens are ideal for this). **Use one set of title pages in the book.** Use as many of the continuation pages as you need behind each title page to report what you have done. Do a new set of pages each year. Move the previous year's pages to the back of the book tabbed with the year.

The sections of your record book will include:

- 4-H Story
- Project Work Completed
- What Have You Learned?
- Leadership
- Citizenship
- Awards Received in 4-H
- 4-H Activities Participated In
- Non-4-H Experiences in School, Church, Community
- 4-H Photos – Each year you may include one page of pictures for each project you report plus two pages of miscellaneous pictures. Pictures should be on only one side of the paper with no overlapping. Each picture should include a short caption. If you have reported in the photography project, you may include an additional 10 pages of pictures illustrating photography learning experiences.

Omit the instruction pages when assembling record book!

Examples

Project Work Completed **Year: 2004-05**

Project	Project Work/Activity	Level
Beef	Fed and watered Angus heifer daily	L
	Cleaned pen daily	L
	Read beef project materials	L
	Exhibited heifer: County Fair, placed 2nd	C
	Tulsa State Fair, placed 6th	S
	Local Show, 1st and breed champ	L
	Observed veterinarian giving blackleg vaccine and Dewormer	L
Food & Nutrition	Prepared after-school snacks – 14 times	L
	Fixed hamburgers for family – 5 times	L
	Presented demonstration on beef snacks at local club and county contest, 39 people in attendance	L, C
	Helped grandmother make plum jelly	L
	Entered jelly in the County Fair, placed 3rd	C
Forestry	Collected and pressed leaves	L
	Prepared Forestry exhibit for County Fair, placed 1st; entered in State Fair, placed 9th	C, S
	Led workshop on leaf rubbings for local club, 12 attended	L

What Have You Learned? **Year: 2004-05**

Project	What was learned?
Beef	To identify these breeds of cattle: Angus, Shorthorn
	How much to feed my heifer; to provide fresh water daily
	To wash and dry my heifer; to use the show stick
Food & Nutrition	How to measure dry and liquid ingredients
	To safely use the microwave
	How to get juice from the plums; to correctly fill the jars
Forestry	To identify different types of leaves
	How to press the leaves for an exhibit

PROJECT MEDAL SELECTION

Agriculture
Aquaculture
Beef
Bicycle
Bread
Biological Sciences
Career Explorations
Cat
Child Care
Citizenship
Clothing & Textile
Commodity Marketing
Computer Technology
Consumer & Family Sciences
Conservation of Natural Resources
Community Service
Consumer Education
Dairy
Dairy Foods
Dog Care & Training
Demonstration
Earth, Water, Air
Electricity
Engines, Tractors & Field
Entomology
Environmental Stewardship
Fashion Revue
Family Life
Fitness Leadership
Food Nutrition
Food Preservation
Forestry
Goat
Healthy Lifestyles
Hobbies & Collections
Home Environment
Horse
Horticulture: Gardening
Industrial Arts
Judging
Key Club
Leadership
Outdoor Education & Recreation
Performing Arts
Personal Development
Petroleum Power
Pets
Photography
Physical Sciences
Poultry
Plant Sciences
Public Speaking
Rabbit
Reporting
Safety
Sheep
Shooting Sports
Swine
Vet Science
Visual Arts
Technology & Engineering
Wildlife & Fisheries
Waste Management
Wood Science