

## 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 April 3 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 September 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 OSU 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!**

## PROJECT MEDAL SELECTION

Achievement	Healthy Living
Aerospace	Hobbies & Collections
Agriculture	Home Environment
Aquaculture	Horse
Beef	Industrial Arts
Bicycle	Judging
Biological Sciences	Lamp of Knowledge
Cat	Leadership
Cavy	Llama
Child Care & Development	Money Management
Citizenship & Civic Education	Outdoor Education & Recreation
Clothing & Textile	Performing Arts
Communications	Personal Development
Computer Technology	Pets
Community Service	Photography & Video
Consumer & Family Sciences	Physical Sciences
Consumer Education	Plant Sciences
Cooking	Poultry
Dairy	Public Speaking
Demonstration	Rabbits
Dogs	Reporting Media
Electricity	Robotics
Engines, Tractors & Field Equipment	Safety
Entomology & Bees	Sheep
Family Life	Shooting Sports
Fashion Revue	Swine
Food & Nutrition	Technology & Engineering
Food Science	Vet Science
Forestry	Visual Arts
Gardening & Horticulture	Wildlife & Fisheries
Goats	Wood Science

**MUST pick from this list.**

## 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 2 <sup>nd</sup>	C
	Tulsa State Fair, placed 6 <sup>th</sup>	S
	Local Show, 1 <sup>st</sup> 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 3 <sup>rd</sup>	C
Forestry	Collected and pressed leaves	L
	Prepared Forestry exhibit for County Fair, placed 1 <sup>st</sup> ; entered in State Fair, placed 9 <sup>th</sup>	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

# Hughes County 4-H

## 4-H Record Book

4-H Year August 1, 20      to July 31, 20

Member's Name:

Address:

4-H Club:

Age (on Sept. 1 of this 4-H year):

Grade in School (on Sept.1 of this 4-H 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.

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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.

**Story / Continued...**















<b>Project</b>	<b>Activity/Experience/Award, etc...</b>	<b>Level</b>

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

