

4-H Medal Categories

Achievement	Health
Agriculture	Home Management
Automotive	Horse
Beef	Horticulture/Gardening
Bread	Judging
Child Care	Leadership
Citizenship	Performing Arts
Clothing & Textiles	Personal Development
Community Service	Petroleum Power
Conservation of Natural Resources	Photography
Consumer Education & Family Science	Plant & Soil Science
Dairy	Poultry
Dairy Food	Public Speaking
Demonstration	Rabbits
Dog Care and Training	Recreation
Electric Energy	Safety
Entomology	Sheep
Fashion Review	Shooting Sports
Fitness Leadership	Swine
Food and Nutrition	Veterinary Science
Food Preservation	Visual Arts
Forestry	Wildlife & fishing
Goats	Wood Science



My County 4-H Record Book for: (4-H Year) _____

Name:	
Mailing Address	
City, State Zip	
4-H Club	

**Please include a picture page
with your medal form.**

Projects Reported in this County 4-H Record Book:
1. _____
2. _____

County Guidelines: You may apply for 2 medals per year. Deadline for county award consideration is August 1, 2019

We have reviewed this form and believe the information in it to be correct. Please sign & date.

4-H Member _____ Date _____

Parent _____ Date _____

4-H Leader _____ Date _____

What is a 4-H Project?

A project is a subject or topic that you learn about in 4-H. More important, a project is something you do or make, which results from knowledge and skills you learned in the project. You learn about your project from attending club meetings club meetings and educational workshops and working with adult leaders and other 4-H members. You can also learn from field trips and camps, by participating in shows and competitions, as well as through family and self study.

Why Complete a 4-H Record Book?

A record book not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H Record Book for your project.

Keeping a 4-H record book will help you:

- Learn how to organize yourself
- Learn how to use project objectives to set goals and plan your project work for the year
- Learn how to set reasonable goals for yourself
- Appreciate and explain what you've learned this year in your project work
- Gather information needed to apply for awards
- Meet requirements to participate in some county and state 4-H events

Why do we have objectives for project work?

Objectives are available for more than 25 projects with state scholarships available for members age 14 and over. While a different form is completed by members to compete for scholarships, the individual forms that accompany this form will help members work toward the project objectives from the beginning.

- ✓ Objectives provide standards or guides for project work – like a map, they give direction
- ✓ Members who work toward the stated project objectives have the opportunity for similar project experiences – regardless of their location
- ✓ Judging committees use objectives to evaluate progress a member has made in improving his/her skills in a particular area

