



## My Participation in 4-H Projects, Events, and Activities

Check events and activities you have participated in from the following list:

- |  |  |
|--|--|
| <input type="checkbox"/> County Officer Elections<br><input type="checkbox"/> Tulsa County Horse Show<br><input type="checkbox"/> 4-H Achievement Program<br><input type="checkbox"/> District Youth in Action Conf.<br><input type="checkbox"/> Tulsa County Program Advisory Committee<br><input type="checkbox"/> Communication Rally<br><input type="checkbox"/> 4-H Winter Party<br><input type="checkbox"/> 4-H Zoo Snooze<br><input type="checkbox"/> 4-H Bright Nights<br><input type="checkbox"/> Discovery Unlimited<br><input type="checkbox"/> Share the Fun Rehearsal & Contest<br><input type="checkbox"/> Spring Livestock Show<br><input type="checkbox"/> Stamp Out Hunger<br><input type="checkbox"/> Performing Arts Clinic<br><input type="checkbox"/> Oklahoma Youth Expo<br><input type="checkbox"/> Spring Horse Clinic<br><input type="checkbox"/> Food Showdown | <input type="checkbox"/> Fashion Revue<br><input type="checkbox"/> NE District Contest Days<br><input type="checkbox"/> NE District Horse Show<br><input type="checkbox"/> State 4-H Horse Show<br><input type="checkbox"/> 4-H County Fair Workshop Day<br><input type="checkbox"/> Make It Yourself With Wool Contest<br><input type="checkbox"/> Multi-County Camp<br><input type="checkbox"/> OSU Big 3 Field Days<br><input type="checkbox"/> VOICE Meeting(s)<br><input type="checkbox"/> Tulsa County 4-H Youth Survivor Camp<br><input type="checkbox"/> Clover Buddies Camp<br><input type="checkbox"/> Youth Forestry & Wildlife Camp<br><input type="checkbox"/> State 4-H Volunteer Leadership Conference<br><input type="checkbox"/> State 4-H Round-Up<br><input type="checkbox"/> 4-H Day at the Capitol<br><input type="checkbox"/> Tulsa County Free Fair |
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In the table below, list additional participation in competitive or non-competitive events and activities, other than those listed above, in one or more of your 4-H Projects. Include club, county, district and state events. You may add pages. You may use more than one line per item. List your activities **by project area, with items related to your main project area listed first**. Use the checkbox at the bottom of the page to track your progress toward a medal.

**Abbreviations Key: I--Individual, L--Local Club, C--County, D--District, S--State, O--Other**

Date	I, L, C, D, S, O	Project area	Name of Event or Activity <small>List workshops, seminars, camps or conferences, field trips, tours or other educational experiences that you participated in this year.</small>
<i>M/D/Y</i>	<i>L</i>	<i>Citizenship</i>	<i>Participated in local 4-H club field trip to Fire Station #15.</i>

**Award Criteria for Participation: Bronze – 8 events, Silver - 10 events, Gold – 12 events**

Track your progress below by lightly shading in a rectangle for each event or activity you participate in at the local, county, district or state level.

Bronze	Bronze	Bronze	Bronze	Bronze	Bronze	Bronze	Bronze	Silver	Silver	Gold	Gold
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### Leadership Experiences in My 4-H Projects

Identify and list all leadership experiences you have given. Leadership is ACTION. Leadership is taking the lead in giving direction, planning and organizing. Effective leadership depends on help and assistance from others. Use the checkbox at the bottom of the page to track your progress toward a medal. Pages may be added.

**Abbreviations Key: L--Local Club, C--County, D--District, S--State, O--Other**

Activity Date	L, C, D, S, O	Project Area	Description and Responsibility – please be specific	Number Reached	
<i>M/D/Y</i>	<i>C</i>	<i>Food Science</i>	<i>Taught Break Making workshop at Spring Break Workshops</i>	<i>32</i>	
List officer and committee positions held this year:					
List promotional leadership given. Include news articles you wrote or which featured you, T.V. & radio appearances and other public appearances. Include community fairs and festivals.					
Award Criteria for Leadership: Bronze – 1 form of leadership in <b>any</b> project area; Silver – 4 Total ( <b>2 must be in your main project</b> ); Gold – 6 Total ( <b>4 must be in your main project</b> )					
Bronze	Silver	Silver	Silver	Gold	Gold



