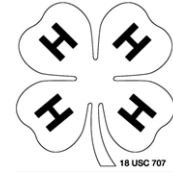


Clallam County 4-H Record Book Cover Page



Name: _____

Calendar Year _____

4-H age: _____ as of October 1 this 4-H year.

Number of years in 4-H _____
(If this is your first year, the number of years in the project is 1.)

Age Division (by October 1 of this 4-H year:

- Cloverbud (ages 5-7)
- Junior (ages 8-10)
- Intermediate (ages 11-13)
- Senior (ages 14-not yet 19)

Main 4-H Club : _____

Project(s): _____

Secondary Club/Group: _____
(only for members who participate in two clubs)

Project(s): _____

Instructions:

- Complete entire Record Book with at least one project record. See table of contents for book order.
- Complete additional 4-H Project record as needed- one for each enrolled 4-H project.
- Complete and include the 4-H Permanent Record (separate file)
- For Cloverbud members (ages 5-7), record books are optional at the county level and not judged!
- For fair participation this record book must be up to date. The following sections have these requirements:
 1. 4-H Story- introduction only,
 2. Project goals-first page only
 3. Financial record add sheet-no totals needed for fair
- For year-end completion, ENTIRE record book must be completed.
- The 4-H member should complete this record book to the best of their ability.
- To request accommodations, please contact your leader or the Extension office by June 1st.

Describe any accommodations here:

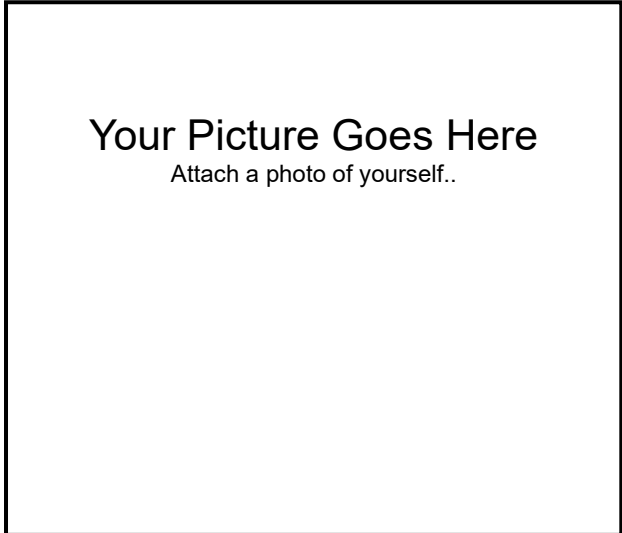


Table of Contents

Please put your 4-H Record Book in the order listed below.

Place and label dividers where noted!

Overall Neatness/Spelling/Grammar
Cover Page
4-H Calendar/Activity Log
Divider--4-H Project Record
Project Cover page (signatures & dates)
Project Goals
Project Photos For Fair- min of 1 photo needed with caption
Project Financial Record Includes : inventory, financial record, and breeding/market record (if applicable)
Divider for each Additional Project Record (project name on divider) Include one Project Record for each enrolled project
Total Points for Project Record(s) For more than one project, project records are averaged
Divider--4-H Story
4-H Story For Fair - Introduction For Year End - Completed
Divider--General 4-H
4-H Photos For Fair- one photo needed with caption
More about Me
Life Skills Page
4-H Spirit Page
Divider--Permanent Record
Permanent Record
Total Points for Record Book

For fair and year end this is graded using the state record book judging form.

Blue: 65-75, Red 50-64, White 49 and below

4-H Calendar/Activity Log

List all 4-H meetings, club and county events, and project activities. You may group similar activities by month. Example: June- Attended 3 Horse project workdays. If you did not attend any events in a month, please write "NONE." Notes are optional. Include year in dates.

OCTOBER		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

NOVEMBER		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

DECEMBER		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

4-H Calendar/Activity Log Continued (Page 2)

JANUARY		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <div style="text-align: right; padding-right: 20px;"><input type="checkbox"/> Hadn't joined yet</div>

FEBRUARY		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <div style="text-align: right; padding-right: 20px;"><input type="checkbox"/> Hadn't joined yet</div>

MARCH		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <div style="text-align: right; padding-right: 20px;"><input type="checkbox"/> Hadn't joined yet</div>

4-H Calendar/Activity Log Continued (page 3)

APRIL		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

MAY		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled <input type="checkbox"/> Hadn't joined yet

JUNE		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

4-H Calendar/Activity Log Continued (page 4)

JULY		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

AUGUST		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

SEPTEMBER		
Date(s)	Meeting/Activity/Event	Notes
	General Club Meeting	<input type="checkbox"/> Attended <input type="checkbox"/> Didn't attend <input type="checkbox"/> Cancelled

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YOU INSERT DIVIDER PLEASE)**

4-H Project Record

Project Cover Page

Complete one project record for each project.
(No additional add sheets are required)

Name: _____

Current 4-H Year: _____
(Overall)

PROJECT(S): _____
(List Market or Breeding if applicable)

Disciplines (Horse and Goat projects only)

Number of years you have been in this project (including this year). _____
(If this is your first year, the number of years in the project is 1.)

This page is not complete without all signatures and dates

Member's Signature: _____ Date: _____

I declare that the information in this book is correct and that I completed all my club and 4-H requirements to the best of my knowledge. I did my own work in this record book.

Parent's Signature _____ Date: _____

I declare my child completed this record book with minimal assistance.

Leader's Signature _____ Date: _____

(GOALS)

I declare this member has completed and shown me their goals for the upcoming 4-H year. To be signed near the beginning of the 4-H year.

Leader's Signature _____ Date: _____

(FAIR)

I declare this member has met all club requirements for fair participation.

Leader's Signature _____ Date: _____

(YEAR END)

I declare this member has met all club requirements for year-end completion.



WSU 4-H Youth Development is committed to providing safe and inclusive environments for *all* youth and adults regardless of race; sex; gender; sexual orientation; gender identity; gender expression; religion; age; color; creed; national or ethnic origin; citizenship; physical, mental, or sensory ability; genetic information; and/or status as an honorably discharged veteran or member of the military. Evidence of noncompliance may be reported through your local Extension office.

Project Goals

Instructions: Think about what you want to achieve by participating in your 4-H Project(s)? Set goals that are interesting to you. Identify goals with goal 1), 2), 3). After you decide on a goal, plan what you will need to do to reach your goal. Write if you experienced any problems, successes, and if there is anything you would do differently in the future. **Write in complete sentences!**

Goal Requirements:

Cloverbuds and Juniors: 1 goal/project . Intermediates- 2 goals/project. Seniors-3 goals/project.
Horse Project Members: One goal per discipline. Example: 1) Performance 2) Games 3) Dressage

EXAMPLE:

<i>My goals (in box below)</i>	<i>Here is what I need to do to reach my goals.</i>
<i>1) I will memorize the parts of a hog by fair time.</i>	<i>1) I will research the parts of a hog and lead a game at my 4-H meeting to help others practice.</i>

Complete this page for Fair Participation

My Goal(s) :

1)

2)

3)

Here is what I need to do to reach my goal(s):

1)

2)

3)

Complete this page for Year End Completion

Did you have any problems reaching your goals?

1.)

2.)

3.)

What successes did you have while working toward these goals?

1.)

2.)

3.)

Based on what you know now, if you could go back to the beginning of the 4-H year and start over, what would you do differently to reach these goals?

1.)

2.)

3.)

Summary of Income and Expenses Animal Projects: Provide a short description of this year's expenses. If you don't know the exact dollar amount, it is o.k. to estimate costs. If you purchased an animal this year put the expense under animal, health, and care. Some columns are specific to animal project areas. If you do not own your animal, please research and record estimated costs to feed and care for the animal.

		Expenses			Income		
Month	Hours Time spent working with your project	Equipment Purchased this year. <i>Example:</i> \$ 15 Feed Bucket \$200 Compound Bow	Animal, Health & Care Animal Purchase Veterinarian/Shots Medications Farrier	Animal Feed and supplements Cost of feed, pasture, supplements. Include value of raised grain, hay or pasture.	Other expenses Show/Tournament fees Boarding Hauling	Income Retained for home use: Animals or eggs produced and kept for breeding or eaten at home.	Income Equipment, products or animals sold Eggs sold Fair premiums.
Oct		\$	\$	\$	\$	\$	\$
Nov							
Dec							
Jan							
Feb							
Mar							
April							
May							
June							
July							
Aug							
Sept							
Totals							
Value of your time Total hours _____ x(times) \$17 = _____		Add all income and expense columns to figure the total profit or loss: Total Income \$ _____ - (minus) Total Expenses \$ _____ = (equals) \$ _____ Did you profit if you include the value of your time? <input type="checkbox"/> Yes or <input type="checkbox"/> No (put negative amount in parenthesis) Total Income \$ _____ - (minus) Total Expenses \$ _____ - (minus) Value of time \$ _____ = (equals) \$ _____					

Animal Breeding/Production Record (If applicable)

Check this box if you did not have an animal project or breed your animal.

Instructions: Record any breeding or production activities with your project year.

Female ID	Male ID	Approximate Date Bred/ Egg Set	Approximate Date of Birth/date hatched	Number born Or hatched	Number weaned

Animal Market (Auction) Weight Record, PNWJLA only (If applicable)

Check this box if you did not have a market animal project.

Animal/Pen ID Name/ Tag # Band ID #s Tattoo #s	Breed	Date Born	Date Acquired	Purchased Weight	Pre weigh-in weight	Fair weigh-in weight

Total Weight Gain	
Number of Days on Feed (See Auction Entry Form for # of days)	
Rate of Gain (Total Gain / Number of Days on Feed)	

Notes (Optional):

Project Photos

This page is for adding your favorite photos from **this project** of the current 4-H year.
For Fair: 1 photo needed. For year-end: 2 photos. You may add an additional page. Photos only please.
Label photos with date and caption.

Additional Project Information (Optional)

This page is for adding additional photos or information from **this project** of the current 4-H year.

Blank page
PUT A DIVIDER HERE
WITH A
LABELED TAG

4-H Story

Instructions:

- Complete your 4-H Story on a separate piece of paper. Stories may be typed or handwritten.
- Length Requirements:
Cloverbuds (optional): At least 1 paragraph;
Juniors - At least 3 paragraphs;
Intermediates and Seniors - At least 5 paragraphs.
- Include an introduction, body, and conclusion.
- **For fair participation, only your introduction (first paragraph) is needed.**
- **Complete your 4-H story for year-end completion and awards.**

Let your creativity help you tell your 4-H story in a unique way. Here are some ideas to help guide your writing:

- **Introduction**--Tell about yourself, your name and club, your projects, number of years in 4-H.
- **Body** --What did you do in 4-H this year? What special events did you attend?
Write about your projects and describe your experiences with leadership and community service. Write about what your club did and if/how you participated. What did you learn in 4-H this year? What did you enjoy most? What was your greatest accomplishment? How has 4-H affected your life?
- **Conclusion** What are your future plans in 4-H? How will you apply what you learned this year to your life?
You may include non-4-H activities and accomplishments, but make an effort to focus on your 4-H experiences.

Start writing on the next page

General 4-H Photos

This page is for adding general 4-H photos from the current 4-H year. Include club or community 4-H activities such as leadership roles, community service, or special events.

Minimum 2 photos (one for fair deadline.)

You may include additional photos on the next page.

Label photos with date and caption.

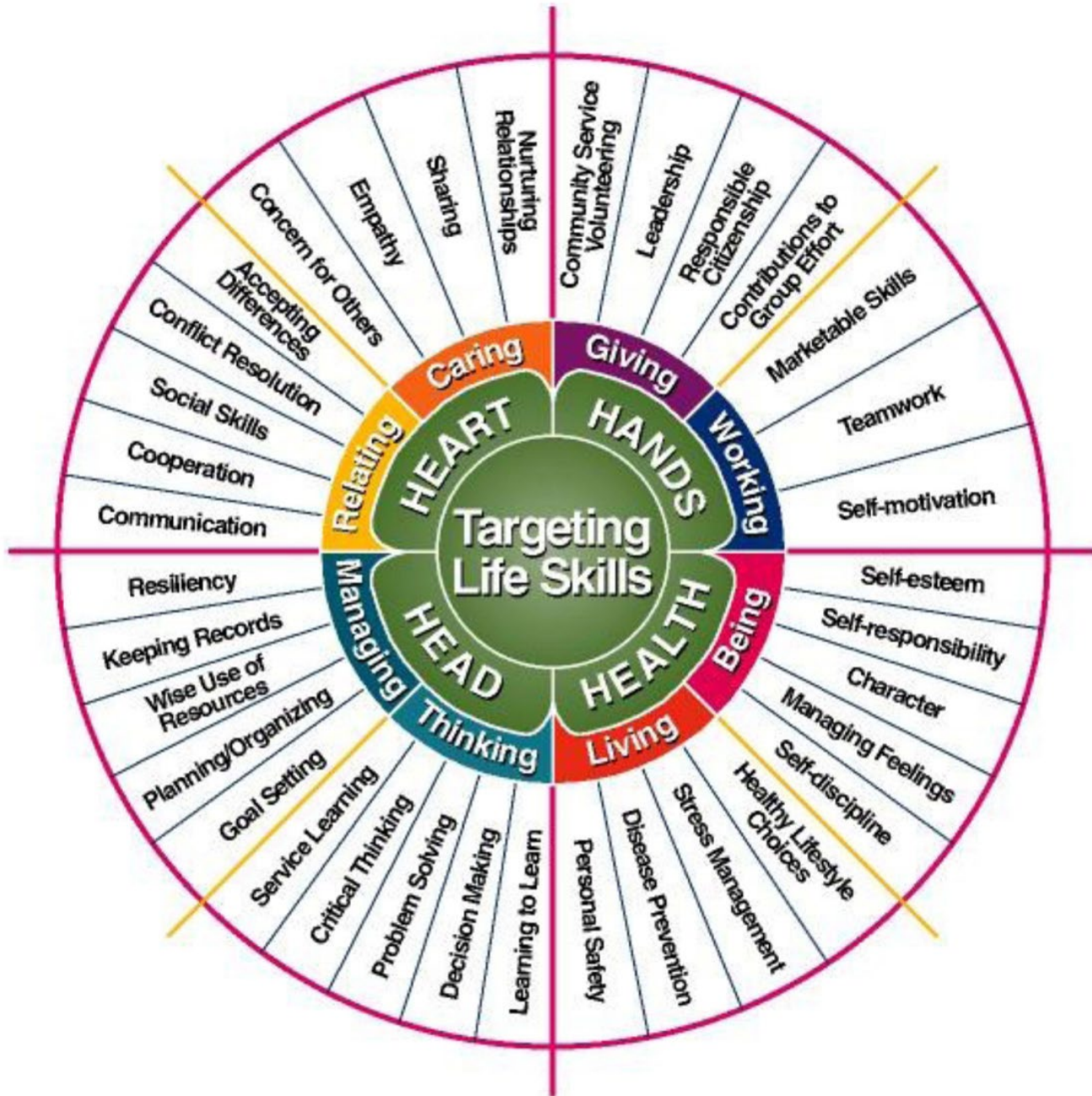
Use this page for additional 4-H photos.

More About Me....

Use this page to share information or photos about your non-project activities or accomplishments in the past year.

4-H Life Skills

Use this wheel to complete the following Life Skills Page.



Iowa State University Extension
Targeting Life Skills Model

4-H Life Skills

In 4-H, youth develop life skills related to the 4 “H”s: Head, Heart, Hands and Health. Using the Life Skill Wheel on the previous page, identify at least one life skill per “H” that you have learned in 4-H. In the boxes below, describe how you have learned and practiced each life skill selected.

See example below.

HEART

HANDS

HEAD

Example: Goal Setting- I set a goal to practice fitting and showing three times a week with my rabbit.

HEALTH



Optional: The Spirit Page

What Does 4-H Spirit Mean To You?

Use the space below to illustrate what 4-H Spirit means to you by using your creativity. So put on your thinking cap and write a poem, a song, a story, or draw a picture. Remember to be creative.

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