



4-H RECORD BOOK



NAME: _____ #YEARS IN 4-H: _____ AGE: _____

DATE OF BIRTH: _____ GRADE IN SCHOOL: _____ 4-H DIVISION: JR INT SR

ADDRESS: _____

CLUB: _____

COUNTY: _____

CALENDAR YEAR: _____

INSTRUCTIONS

1. Use this record book for all the things you do in 4-H this year. Separate each section with tabs. Each project should have a tab. Keep the project plan, project sheet, and supplemental information for each project together.
2. You may want to have a scrapbook in which to keep ribbons, certificates, programs and favors. These aren't necessary in your record book.
3. Talk over your 4-H plans with your parents and leaders as soon as you make your plans.
4. Use your records to look back at your progress during the year. This will be helpful when you make plans for next year.
5. When you complete your 4-H program year, write your 4-H story.
6. The record book is your personal work. It should be kept current as the year progresses. Handwriting should be your own.

ORDER OF CONTENTS

1. **My 4-H Planning Calendar.** Keep track of important events such as 4-H meetings, fair, achievement night, camp, demonstration day, and other project related activities. These need to be written here even if you don't attend. Make sure and put an 'x' next to the events that you attend.

2. **My 4-H projects**

Project Plans

Make a realistic plan for each project. At the beginning of the 4-H year you should set 1-3 goals you want to achieve during the 4-H year. The back of this page is filled in at the end of the 4-H year.

Project Add Sheets

Add sheets are required for each project and are specific to each project. Fill in both sides of this page.

Project Supplemental Information

This page is for pictures, newspaper clippings or other supporting material. Use one page on both sides. All items should be captioned and dated.

3. **Demonstration.** Use this page to tell about your demonstration. Members 2nd year and older must do at least one demonstration. Include picture(s)
4. **Permanent 4-H/Attendance record**
Use these pages to record your demonstrations, community service, judging contests, all fair/show exhibits, and your school and community activities. You should move this page to your new record book each year.
5. **MY 4-H Story**

Write your story for the year in narrative form. Write as though you are actually talking to the reader. Your story should have five basic parts and be no longer than one page, front and back. It should reflect your age and experience.

- 1.) Introduce yourself
 - 2.) Write about your major project.
 - 3.) Write about other projects you did during the year.
 - 4.) Share your club news, events, and activities. Write about your community and school involvement.
 - 5.) Write about what 4-H has done for you and how it has changed your life.
6. **Obtain the required signatures.** When you have completed your record book have a parent and leader sign your book. A leader signature is required for each club.