Kansas Atchison County

K-STATE Research and Extension

My 4-H Records for 20__ (For use by 4-Hers, ages 9 & older)

My Name: _____

Club Name: _____

I am in the _____grade at
_____ **(Name of school)**

This is my _____ year in 4-H.

This year I was enrolled in the following projects:

Insert Your Picture Here

Insert Picture (Adobe Acrobat needed): 1. Select Tools Tab 2. Select Advanced Editing 3. Select TouchUp Object Tool 4. Right-Click & Select Place Image 5. File window appears, Select image &Open.

4-H Permanent Record

I have attended (Number) _____ meetings of my 4-H Club this year and (Number) _____ of project meetings.

I held the following office in my club: (If an officer) _____

Committee(s) I have been a member of: _____

I gave the following talks or demonstrations at my 4-H meeting: _____

I have attended (check events you have participated in): ☐Club Tour ☐Club Picnic ☐Club Party ☐County 4-H Day

☐Officer's Training School ☐County Camp ☐Regional 4-H Day ☐County 4-H Achievement Party

☐Judging Schools ☐Demonstrations/Talks - Number Given _____ ☐County Fair and

☐Other (Please list) _____

I exhibited (Name of Exhibit) _____at the fair and received (Number and Color) _____ ribbons.

My 4-H leadership activities included (Briefly share what you did as a 4-H leader):

My 4-H citizenship/community service activities included (Briefly share what you did to help others):

Project Record For _____

Section: Learning

1. List your project goals for this year. *Note: Copy goals listed on your project meeting attendance form.* Project goals are set at the beginning of the year and discussed with your 4-H project leader. Additional goals can be added during the year. Sometimes goals are carried to the next year to allow you time to develop needed skills/resources. 4-H projects should focus on four areas: learning (gaining new knowledge), leadership (leading/teaching others) citizenship (sharing resources/time with others without pay) and public presentations (sharing project knowledge)

List Project Goals (3 or more) **(Boxes allow multiple lines electronically)**	**Completed**	**Type**

2. List learning activities that relate to this project. *Note: To get started, copy Section II of project meeting form.* Also, list other activities/events that helped you with this project. Did you go on any field trips/tours? Did you attend a workshop/class? Did you attend 4-H events such as Discovery Days, Kansas Youth Leadership Form, or camp that helped you with this project? Did you participate in a judging contest? Next briefly share what you learned How did you use (apply) this information? How did it help you do project work? Did this information help you with school assignments/jobs/home/hobby/sports? Be sure to note the 4-H Level of your involvement.

Activity/Event Attended	**What project skills did you learn? How did they help you with your project?**	**4-H Level**

3. List the demonstrations/talks/presentation you gave during the 4-H year. Share the topic of your talk, the title, where you presented your talk, how many people heard your talk, and how many times you gave your talk. *Place an X in the box if this talk relates to your 4-H project.

Topic	**Title**	**Event** **(Place you gave your talk)**	**#People**	**#Times Given**	**X**

4. Project Expenses and Income - Estimate cost & income if information is not available

Project Costs

Date	Things bought, used, labor costs, value of homegrown product	Amount
	*Beginning inventory (if applicable)	
	Total Project Expenses	

Project Income

Date	Items Sold	Income/Used At Home	Amount
		**Ending inventory (if applicable)	
		Total Project Income	

Summary	
Total Project Income	
Total Project Expenses	
How much money made or lost	

*(Profit or Loss does not mean that the project was or was not a good learning experience!) *Beginning Inventory means what your project was worth in dollars at the start. **Ending Inventory means what it was worth when you finished, if you didn't sell or use it.*

5. Think about everything that you learned, accomplished and did this year. Briefly share a few (2-3) highlights about your project. *Examples: I learned about using difference types of sandpaper. Because I now know the best kind of sandpaper to use, I had a really awesome finish on the shelves I made for my room. I learned the steps to giving a demonstration. I practiced a lot with my family and then gave my talk 4 times during the year. At school, I wanted to be on student council and I was not afraid to give a speech. Learning the cuts of meat on a steer really helped me. I could answer the judge's question in the show ring, buy a great steak at the grocery store and improve my FFA meat judging skills.*

6. List the size/ amount of effort accomplished in this project this year. *This should be more than just listing how many items you entered at fair or attended shows.* Examples: How many animals/articles/garments/pounds/ repairs/ photos were made/raised/taken? How many hours did you spend on your project? How many people did you teach? Did you donate items to others? Examples: Managed 12 breeding ewes for 8 months, prepared a family meal once a week, repaired 12 articles of clothing for a cost savings of $65, lead 2 project crafts project meetings for younger members in my club, planned and lead a foods activity for 50 kids at day camp. I spent 6 hours getting ready for this activity. Grew and cared for 14 different vegetables in our family garden, canned 20 pints of salsa.

7. Exhibits at shows and fairs. List items displayed or judged. Select Level: Club, County, Area, State or National.

Item	Event	Placing	4-H Level

Section: Helping Others

8. Project Leadership (Taking initiative, organizing, leading/teaching in this project were: **Example**: **Sr. Level** Organized the committee to make treats for shut-ins, Met 3 times, Purchased and prepared food supplies and lead club baking session for my club, texted all club families to remind about caroling and cookie delivery. Spent 30 hours/ reached 25 shut-ins **Jr. Level** Demonstrated to 4-Hers in foods how to correctly measure flour. Served as chairman of club banner committee. Contacted all 4-Hers in arts and crafts to make the banner. Our family went shopping for banner supplies.

Date	Leadership Provided (What you did)	Size (# of People, Hours spent, etc.)	4-H Level

9. Project Citizenship *(Helping others, community service, volunteering for activities related to your project).* Examples: Donated garden produce to members of my church weekly (June-September). Volunteered to bake 3 dozen cookies for club fundraiser, Used my woodworking skills to make a gift for my teacher, Donated 6 books to the library, Made 3 craft items for club appreciation supper, Donated 20 pounds of hamburger for community chili funders, Volunteered to take pictures for Senior Citizens Prom Dance.

Date	Citizenship Provided (What you did)	Size (# of People, Hours spent, etc.)	4-H Level

10. My Project Leader/Helpers: *Who helped you with this project? How did they help you? How did they help make this project fun? How have you told them thank you for helping you?*

Section: Growing

11. Project Story/Summary The questions below will help you think about your 4-H project this year. You can answer the questions listed or it is okay to write your own summary on a different piece of paper.

What I liked best about the project was

The most difficult (hardest) thing I did in this project was (Or what I really didn't like about this project)

One thing I am proud that I did this year

What was the most important thing you learned to do in this project?

I had a really fun time doing

What would you tell other 4-Hers who want to try this project next year

Next year my plans for this project are...

12. Attach any additional pages with any project information that you feel is important. *It can be photos, pictures, stories, drawings, programs, additional records, etc. This is information that is special to you and a memory that you want to create for this project. There is no required format for this section.*

13. This record has been reviewed by each of us:

Member's Signature _____ Date _____

Parent Signature _____ Date _____

4-H Leader Signature _____ Date _____

Compiled and edited by James P. Adams, Associate Professor, 4-H Youth Development, with original input from agents and leaders from Reno and Sedgwick counties. Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned. Publications from Kansas State University are available on the World Wide Web at: www.ksre.ksu.edu

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