



4-H Takes You Places
Cornell Cooperative Extension
✿ 4-H Youth Development

Fulton & Montgomery Counties, NY

4-H PROJECT RECORD BOOK

Member's Name _____

Club Name _____

Independent Member _____

Date _____

Name _____

Date of Birth _____

I believe I deserve recognition for my 4-H project accomplishments and achievements in the following areas: (Please circle all that apply)

- | | | |
|---------------------------|---------------------------|----------------------|
| ACHIEVEMENT | ELECTRICITY | INDOOR GARDENING |
| AEROSPACE | ENERGY | LEADERSHIP |
| AGRICULTURE | ENTOMOLOGY | LIVESTOCK |
| ANIMAL SCIENCE | ENVIRONMENTAL STEWARD | MAPLE SYRUP |
| AQUATIC SCIENCE | EXPRESSIVE & THEATRE ARTS | MONEY MANGEMENT |
| ASTRONOMY | FARM SAFETY | NATURAL RESOURCES |
| BACKPACKING/HIKING | FISHING | NEEDLEWORK |
| BEEF | FIRST AID | PETS |
| BICYCLE | FLORICULTURE | PHOTOGRAPHY |
| BIRD STUDY | FOOD & NUTRITION | POULTRY |
| BREADS (YEAST) | FOOD PRESERVATION | PUBLIC SPEAKING |
| CAVIES | FORESTRY | RABBITS |
| CHILD DEVELOPMENT | FOSSILS | REPTILES |
| CITIZENSHIP | FRUIT | ROBOTICS |
| CLIMATE CHANGE | GEOLOGY | ROCKETRY |
| CLOTHING & TEXTILES | GOATS | SAFETY |
| CLOWNING | MEAT GOATS | SCIENCE & TECH |
| COMMUNITY SERVICE | HEALTH/FITNESS | SHEEP |
| CONSUMER EDUCATION | HERBS | SMALL ENGINES |
| COMPUTER/GEOSPATIAL | HIPPOLOGY | SWINE |
| CREATIVE ARTS & CRAFTS | HISTORY/HERITAGE | TRACTORS |
| CREATIVE DESIGN/FINE ARTS | HOME ENVIRONMENT | VEGETABLES |
| CULTURAL EDUCATION | HORSE | VET SCIENCE |
| DAIRY | HORTICULTURE | WASTE MANAGEMENT |
| DOGS | INCUBATION & EMBRYOLOGY | WATER RESOURCES |
| DOG CARE | INTERGENERATIONAL | WEATHER |
| DOG OBEDIENCE | | WOODWORKING/WOOD SCI |

I pledge

My Head

to clearer thinking

My Heart

to greater loyalty

My Hands

to larger service

My Health

to better living

for my club, community, country and my world.



NAME _____

ADDRESS _____

DATE OF BIRTH _____ YEAR JOINED 4-H _____

_____ CLUB MEMBER _____ INDEPENDENT MEMBER

SCHOOL YOU ATTEND _____

4-H Year	Age	Grade This Year	Years in 4-H (Inc. this year)	Number of Club Meetings Held	Number of Club Meetings Attended

4-H PROJECT RECORD BOOK CHECKLIST

When accurately kept and carefully assembled, your 4-H project record book is a useful tool for determining your progress and personal growth. You should keep your record book up-to-date and complete.

This record book must be given to your 4-H club leader for his/her review by the date in late September or early October that he/she indicates. If you are an independent 4-H member, you must send your record book directly to the Cooperative Extension 4-H Office on or before October 15. Unless you are involved in animal science projects, this project record book is the only record of completion which should be sent to your leader and/or Cooperative Extension 4-H Office. 4-H animal science project members must complete additional record sheets for those projects and submit them with this project record book.

This record book will be used to determine county project disc recipients, award trip winners, I Dare You Leadership awards and outstanding junior and senior member awards. Project disc recipients are selected from among members, ages 9-19. Award trips and I Dare You Leadership awards are earned by 4-Hers ages 14-19.

_____ Don't sell yourself short. Include all of your efforts. Ask your parents/guardians and leader(s) to help you remember.

_____ **DO A ROUGH DRAFT ON SCRAP PAPER.**

_____ **In the 4-H Project Summaries section, write down what you learned in your 4-H projects. If you don't share enough details about what you learned in the 4-H projects you took this past year, you will not be considered for 4-H project award discs in those categories.**

_____ Report all your 4-H involvement from your first year to this current year's work. ***DON'T START A NEW PROJECT RECORD BOOK EACH YEAR; JUST ADD ON TO YOUR PREVIOUS YEAR'S RECORD PAGES.***

_____ Keep all your report pages together chronologically in a stiff binder. Include all your 4-H project summary pages, 4-H experience comments and leader comments in the back of your project record binder in order by year. It would be helpful to insert labeled dividers separating each year's work.

_____ Write legibly in ink, typewrite information, or use computer word processing. **Records written in pencil will be disqualified for award consideration.**

_____ Check to see that your record book is neat, accurate and complete. Use correct grammar and spelling. Proofread for errors.

_____ **DON'T include newspaper clippings, photos, certificates, letters or ribbons. These items belong in a 4-H Scrapbook or 4-H Achievement Book.**

_____ Each member must write and complete his/her own report. This is required.

_____ Sign and date your record book each year where indicated. This is required.

_____ Have your parent/guardian and leader sign and date your record book each year. This is required.

4-H ACTIVITIES AND TRIPS
(For all non-Cloverbud 4-H members)

Indicate the years that you have participated in the following 4-H activities.
 Example: 4-H Member Recognition Program 10, 11, 12

4-H NATIONAL YOUTH SCIENCE DAY_____

4-H DAIRY DISCOVERY WORKSHOP_____

NATIONAL 4-H WEEK_____

4-H MARCH DOG MADNESS_____

4-H MEMBER RECOGNITION PROGRAM
 Attended_____
 Program Helper _____

4-H AT THE FONDA FAIR
 Exhibitor _____
 Teen Leader _____
 Presenter:
 Formal_____
 Action (Working)_____
 Clean-up Day_____

DAIRY BARN MEETINGS _____

DAIRY QUIZ BOWL _____

HORSE QUIZ BOWL _____

HIPPOLOGY _____

LIVESTOCK JUDGING CONTESTS_____

NYS STATE FAIR PARTICIPATION
 Animal Exhibitor _____
 Dairy Judging Team_____
 Hippology_____
 Dog Agility_____
 Other (Explain) _____

FARMER'S MUSEUM JUNIOR LIVESTOCK
 SHOW _____

4-H LEADERSHIP/TEEN EXPERIENCES
 4-H Club Junior Assistant _____

4-H PUBLIC PRESENTATION PROGRAM
 Workshop Participant _____
 Presenter _____

 Teen Leader _____
 District Level Presenter _____
 State Level Presenter _____

4-H Club Teen Leader _____

 Lewis County 4-H Teen Winter
 Weekend _____
 4-H STARR _____

COUNTIESWIDE 4-H FUNDRAISERS
 Spring Food Sale_____
 4-H Snack Bar_____
 Tractor Supply Company Paper Clover
 Donated_____
 Display/Presentation_____

4-H Capital Days _____
 4-H Career Explorations _____

 4-H Agri-Business Career Trip _____
 4-H Wonders of Washington Trip _____
 National 4-H Conference_____

CAPITAL DISTRICT ELECTION SERVICE
 REPORTING_____

4-H RESIDENTIAL CAMPING_____

NYS 4-H FORESTRY WEEKEND_____

OTHER _____

ANIMAL CRACKERS_____

4-H PROJECT SUMMARIES

THIS IS WHERE YOU MUST SHARE WHAT YOU *LEARNED* IN YOUR PROJECT EXPERIENCES NOT JUST WHAT YOU DID! IN THE LIMITED SPACE AVAILABLE IT IS MOST IMPORTANT TO TELL WHAT YOU HAVE LEARNED.

EXAMPLES

Name of Project: Sewing Expressions-Under Construction-Level 1 **4-H Year:** 2012-2013

Briefly tell what you *learned*, made, grew and did while taking this project. Tell what new skills/information you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information.*

1. **Learned** about parts of the sewing machine.
2. **Learned** to do straight stitching.
3. Made cotton print skirt with elastic casing and matching shoulder bag. **Learned** that measuring the elastic correctly is important for the skirt to fit correctly.
4. **Learned** about sewing box equipment. Covered a cigar box with an apple-print fabric to store my sewing supplies.
5. Gave a public presentation about “How to Make a Pin Cushion”. Earned a red ribbon.
6. Exhibited skirt, shoulder bag, and sewing box at Fonda Fair. Earned 2 blue ribbons for skirt and sewing box and a red ribbon for the shoulder bag.

Name of Project: Rabbit – What’s Hopping? Level 1 **4-H Year:** 2012-2013

Briefly tell what you **learned**, made, grew and did while taking this project. Tell what new skills/information you **learned**; use numbers to show size, growth, profits, losses, or savings; tell how you have shared the experience with others (i.e. exhibiting at the fair, public presentation, teaching younger members), etc. *You may write several paragraphs or use an outline format to share your information.*

I began my 4-H rabbit project this year. I **learned** that the six uses of rabbits include breeding stock, meat production, fur, wool, laboratory use and pets. I **learned** about the varieties of small, medium, large and giant rabbit breeds. I decided that I wanted a small rabbit to care for as a pet.

I like the Holland Lop rabbit the best because of its small size and its floppy ears. I bought a hutch from Agway and a wire cage from Tractor Supply Company for my rabbit. Then I bought a black and white Holland Lop rabbit from a local breeder for \$40.00 and named her Oreo. I **learned** that the dewlap is the fold or folds of loose skin that hangs from the throat of a doe rabbit.

I **learned** how to properly pick up a rabbit, remove a rabbit from a cage and turn a rabbit. Rabbits can scratch or bite when they don’t feel safe. I feed my rabbit grain pellets, shredded carrots, and fresh water every day. She loves her carrots and looks forward to them every morning. The rabbit breeder told me not to feed a rabbit cabbage, Brussels sprouts, broccoli or cauliflower because it can’t process the gas produced by these vegetables during digestion.

I gave a presentation about rabbit management at 4-H public presentation night and at the Fonda Fair and shared tips about cages, cleaning, feed and water.

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4-H Year:

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4-H YEAR _____

4-H AWARD TRIPS

For members 14 (as of January 1) -19 years old

PLEASE CHECK TRIP(S) YOU WOULD LIKE TO BE CONSIDERED FOR THIS YEAR:

_____ **4-H Capital Days in Albany, NY**

_____ **4-H Ag-Business Career Trip in Cobleskill, NY**

_____ **4-H Career Explorations Program at Cornell**

Please explain in a few sentences why you would like to participate in the above trip(s), what you hope to learn and ways you can share the learning experience with others. Consideration for trips will be based on this section.

MY STORY ABOUT THIS PAST 4-H YEAR

Write a paragraph or two about your 4-H experience this past 4-H year. Include things that you enjoyed doing and/or learning as well as any disappointments and/or challenges that you experienced. You may add an additional page for this section.

STATEMENT BY 4-H MEMBER

I have personally prepared this report and believe it to be correct:

Date _____ Signature of 4-H Member _____

