



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 or highlight all that apply)

ACHIEVEMENT	FASHION REVUE	NATURAL RESOURCES
AEROSPACE	FISHING	NEEDLEWORK
AGRICULTURE	FIRST AID	OUTDOOR ADVENTURES/HIKING
ANIMAL SCIENCE	FLORICULTURE	PETS
ASTRONOMY	FLOWERS - HOUSE PLANTS	PHOTOGRAPHY
BEEF	FLOWERS - GARDENING	POULTRY
BEEKEEPING	FOOD & NUTRITION	PUBLIC SPEAKING
BICYCLE	FORESTRY	RABBITS
BIRD STUDY	FOSSILS	RECYCLING
CAVIES	FRUIT	REPTILES
CHILD DEVELOPMENT	GARDENING	ROBOTICS
CITIZENSHIP	GEOLOGY	ROCKETRY
CLIMATE CHANGE	GOATS	SAFETY
CLOTHING & TEXTILES	DAIRY GOAT	SCIENCE & TECHNOLOGY
CLOWN	MEAT GOAT	SHEEP
COMMUNITY SERVICE	HEALTH/FITNESS	SHOOTING SPORTS
COMPUTER SCIENCE	HERBS	ARCHERY
CONSUMER EDUCATION	HISTORY/HERITAGE	SMALL ENGINES
CREATIVE ARTS & CRAFTS	HOME ENVIRONMENT	SWINE
CREATIVE FINE ARTS	HORSE	THEATRE ARTS
CREATIVE DESIGN	HORSE DRIVING	TRACTORS
CULTURAL ARTS	HORTICULTURE	VEGETABLES
DAIRY CATTLE	INCUBATION & EMBRYOLOGY	VET SCIENCE
DOGS	INTERGENERATIONAL	WASTE MANAGEMENT
ELECTRICITY	INDOOR GARDENING	WEATHER
ENERGY	INTERGENERATIONAL	WOOD SCIENCE
ENTOMOLOGY	INDOOR GARDENING	WEATHER
ENVIRONMENTAL STEWARDSHIP	LEADERSHIP	WOOD SCIENCE
EXPRESSIVE ARTS	LIVESTOCK	WORKING STEER/OXEN
FARM SAFETY	MARKETING	WRITING
FASHION DESIGN	MONEY MANAGEMENT	

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.



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 21, 22, 23, 24, 25, 26, etc.,...

NATIONAL 4-H WEEK _____

4-H MEMBER RECOGNITION PROGRAM
Attended _____
Program Helper _____

DAIRY QUIZ BOWL _____

HORSE QUIZ BOWL _____

HIPPOLOGY _____

LIVESTOCK SKILL-A-THON _____

LIVESTOCK JUDGING _____

FENIMORE FARM JUNIOR LIVESTOCK
SHOW _____

4-H PUBLIC PRESENTATION PROGRAM
Workshop Participant _____
Presenter _____

Teen Leader _____
District Level Presenter _____
State Level Presenter _____

COUNTIESWIDE 4-H FUNDRAISERS
Pie & Cheese Sale _____
4-H Snack Bar _____
Tractor Supply Company Paper Clover
Donated _____
Display/Presentation _____

ANIMAL CRACKERS _____

4-H GARDENING SERIES _____

4-H INTERNATIONAL NIGHT _____

4-H MYSTERY CHICK PROJECT _____

4-H DAIRY DISCOVERY WORKSHOP _____

4-H MARCH DOG MADNESS _____

4-H AT THE FONDA FAIR
Exhibitor _____
Teen Leader _____
Teen Superintendent _____
Presenter:
Formal _____
Action (Working) _____
Clean-up Day _____
Other: _____

NYS STATE FAIR PARTICIPATION
Animal Exhibitor _____
Non-Animal _____
Other (Explain) _____

4-H TOTALLY TEENS _____

4-H LEADERSHIP/TEEN EXPERIENCES
4-H Club Teen Leader _____

4-H STAR _____

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

4-H Agri-Business Career Trip _____
National 4-H Conference _____

OTHER _____

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:** 2025-2026

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 Hoppening? Level 1 **4-H Year:** 2025-2026

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.

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

Name of Project:

4-H Year:

Briefly tell what you **learned**, made, grew or 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.*

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

_____ 4-H STAR (State Teen Action Retreat)

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 _____



