



This record book belongs to: _____

4-H program year: 20____

Mailing address: _____

Birth date: _____

4-H age (age as of Jan. 1 of the year this record book covers): _____

Age category: _____

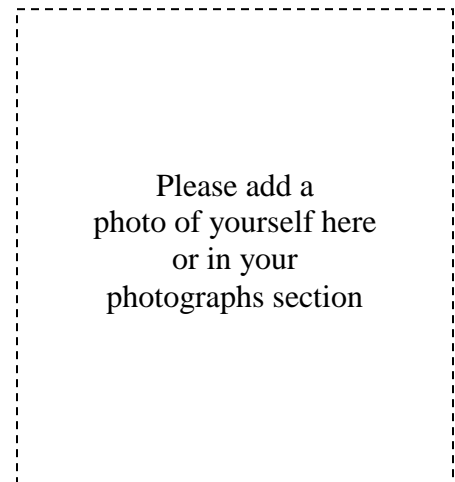
(Junior = 8-10, Intermediate = 11-13, Senior = 14-18)

T-Shirt Size: Choose from Youth (YM/YL) or Adult (S/M/L/XL/2X/3XL) _____

4-H club(s): _____

My 4-H goals for the year:

My 4-H projects for the year:



I have reviewed this record book:

Signature _____

4-H Club Leader/Volunteer

Date _____

Comments:

Maryland 4-H Summary Record

(Use the summary record for all 4-H information NOT included in your project records.)

Club Participation												
These are meetings I attended (check or make notes)												
Club Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Committees & Offices (4-H, school, etc.)	
Describe how you demonstrated leadership and support in your 4-H club, the county 4-H program, community service projects, etc.	
Name of Committee/Office/Role	Description of What I Did

4-H Promotional Activities	
Describe how you promoted or publicized 4-H in these ways during the year (for example, news articles, TV, radio, 4-H Ambassador responsibilities, displays, fair booths, flyers, new member recruitment, educational activities, etc.)	
Date	Activity Describe the activity and location.



Communication (Public Speaking) Activities NOT Included in Project Records

Describe your public speaking activities that are not included in your 4-H project records.
Examples include public speaking contests, demonstrations and talks not related to your projects, reports given at club meetings, talks at school or community organizations or events, etc.

Date	Description of Communication Activity	Event or Location

Awards and Honors NOT Included in 4-H Project Records

Describe any recognition you have received during the year.
Examples include fair awards, service learning awards, and certificates of appreciation.

Date	Description of Award or Honor	Received From/At



Miscellaneous Activities, Events, and Experiences

In this section you may share any important **4-H and non-4-H** activities, events, and learning experiences that are not included in other parts of your record book. Examples include 4-H club field trips, school service learning projects, after school activities, volunteer work, etc.

Date	Description of Activity or Event	Location

(You may add other pages as needed)

What Should I Write About in My 4-H Story?

- 1. Introduction:** Your name, age, family information, where you go to school, your interests, when and why you joined 4-H, etc. (Is someone helping you write or type your story?)
- 2. Your Projects:** What are they? How 4-H has helped you learn new things about your projects? What kinds of things have you learned? **Intermediates and Seniors: Please include at least one paragraph for each completed project you submit. *Please DO NOT write separate 4-H stories for each project!***
- 3. Other 4-H Activities:** Include major learning experiences, special interests and other situation(s). Include your club activities, community service projects, county level activities, other activities, and what you learned or accomplished during the year.
- 4. Life Skills Learned:** Include a description of how the Head, Heart, Hands, and Health related to your 4-H 4-H experiences during the past year. For example, explain what you learned (head), how you helped others (heart), what skills you developed and what projects you completed (hands), and how 4-H helped you gain leadership skills, help others, or reach your goals (health). You might want to tell about your future plans and career plans. Note: **The project record has a section where you can describe life skills learned as a result of a specific project. You do NOT need to describe all of your project skills in your 4-H story.**

You may get help with typing or handwriting your story, but your story needs to be in YOUR own words. Just tell us about your past year's 4-H experiences: what you did and learned!



General 4-H Project Record #1



(For each project you worked on, fill out a record if you would like formal recognition of your project work.)

To complete a project and qualify for an award pin, you need to do the following things:

- (1) **learning experiences:** participate in several learning experiences that help you learn about the project;
- (2) **communication event:** give a talk or presentation that is related to your project;
- (3) **exhibit:** display your project-related work somewhere in a public place.

Completion of two out of three requirements qualifies you for a project certificate.

Name: _____

4-H Age: _____

Name of Project: _____

Number of years I have worked on this project: _____

Title of 4-H Project Guide (if you used one): _____

These were my project goals for the year: _____

I have completed this record and I believe that all information is complete and accurate.

Member Signature

Date

Parent Signature

Date

Communication Events			
Date	Describe the talks and presentations you have given <i>about this project</i> .	Location	Rating/How did you do?

Exhibits			
Date	Describe the public displays, posters, fair entries, and awards <i>related to this project</i> .	Location	Rating/How did you do?

Learning Experiences		
Date	Describe the things you have done to learn more <i>about this project</i> : meetings, tours, workshops, club activities, research, etc.	What I Learned

Need more room? Add a page if necessary.

Financial Journal			
Date	Income Income is the money you have received from fair premiums, selling items, etc. for <i>this project</i> . Expenses are the money you have spent related to <i>this project</i> .	Income	Expenses

Income: _____

Expenses: _____

Profit (+) or Loss (-): _____

Resources

You may want to use this space to list or describe the resources you used to learn more about *this project*. Include books, internet sites, volunteers, parents, other 4-H members, and professionals.

Project Skills

Did you accomplish your project goals this year? Why or why not?

What are the **most important** things you have learned from this project and/or what are the **most important** results of your work on this project?

Life Skills

Fill out this section to describe the life skills you used and what you learned in relation to your project.

Examples

I used these Life Skills

HEAD

Example: Decision Making

HEART

Example: Sharing

HAND

Example: Community Service Volunteering

HEALTH

Example: Managing Feelings

This is what I learned as a result of using this skill

I learned that I needed to be sure to budget my money when purchasing craft supplies so I would have enough to cover all of my expenses.

I learned how to give younger 4-H members pointers on how to make a wreath through a visual presentation.

Through my woodworking project, I have learned many new skills. I found it to be beneficial to my community to utilize those woodworking skills when volunteering to build a wheel chair ramp.

I learned to control my feelings when I became frustrated that the new cake I baked didn't rise. Since I didn't have success with the new cake recipe, I am going to research other options that I could try.

I used these Life Skills

(see the Life Skills Wheel for ideas)

This is what I learned as a result of using this skill.

HEAD :

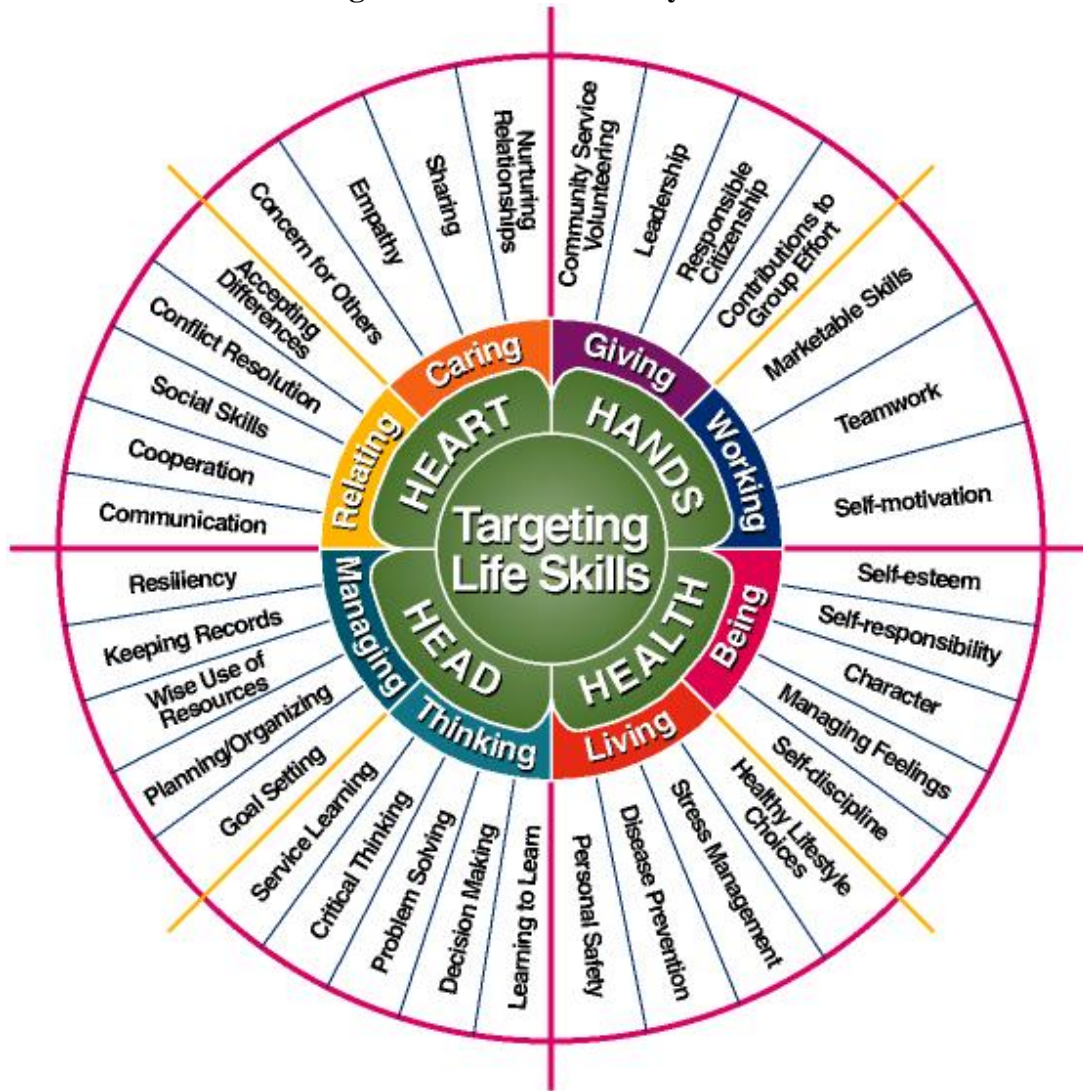
HEART:

HANDS :

HEALTH :

See the Life Skills Wheel below for skills that relate to each H.

Life Skills Wheel: The diagram below shows many of the life skills learned in 4-H.



Courtesy of Iowa State University



General 4-H Project Record #2



(For each project you worked on, fill out a record if you would like formal recognition of your project work.)

To complete a project and qualify for an award pin, you need to do the following things:

- (1) **learning experiences:** participate in several learning experiences that help you learn about the project;
- (2) **communication event:** give a talk or presentation that is related to your project;
- (3) **exhibit:** display your project-related work somewhere in a public place.

Completion of two out of three requirements qualifies you for a project certificate.

Name: _____

4-H Age: _____

Name of Project: _____

Number of years I have worked on this project: _____

Title of 4-H Project Guide (if you used one): _____

These were my project goals for the year: _____

I have completed this record and I believe that all information is complete and accurate.

Member Signature

Date

Parent Signature

Date

Date	Communication Events Describe the talks and presentations you have given <i>about this project</i> .	Location	Rating/How did you do?

Date	Exhibits Describe the public displays, posters, fair entries, and awards <i>related to this project</i> .	Location	Rating/How did you do?

Date	Learning Experiences Describe the things you have done to learn more <i>about this project</i> : meetings, tours, workshops, club activities, research, etc.	What I Learned

Need more room? Add a page if necessary.

Financial Journal			
Date	Income Income is the money you have received from fair premiums, selling items, etc. for <i>this project</i> . Expenses are the money you have spent related to <i>this project</i> .	Income	Expenses

Income: _____

Expenses: _____

Profit (+) or Loss (-): _____

Resources

You may want to use this space to list or describe the resources you used to learn more about *this project*. Include books, internet sites, volunteers, parents, other 4-H members, and professionals.

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Project Skills

Did you accomplish your project goals this year? Why or why not?

What are the **most important** things you have learned from this project and/or what are the **most important** results of your work on this project?

Life Skills

Fill out this section to describe the life skills you used and what you learned in relation to your project.

Examples

I used these Life Skills

HEAD

Example: Decision Making

HEART

Example: Sharing

HAND

Example: Community Service Volunteering

HEALTH

Example: Managing Feelings

This is what I learned as a result of using this skill

I learned that I needed to be sure to budget my money when purchasing craft supplies so I would have enough to cover all of my expenses.

I learned how to give younger 4-H members pointers on how to make a wreath through a visual presentation.

Through my woodworking project, I have learned many new skills. I found it to be beneficial to my community to utilize those woodworking skills when volunteering to build a wheel chair ramp.

I learned to control my feelings when I became frustrated that the new cake I baked didn't rise. Since I didn't have success with the new cake recipe, I am going to research other options that I could try.

I used these Life Skills

(see the Life Skills Wheel for ideas)

This is what I learned as a result of using this skill.

HEAD :

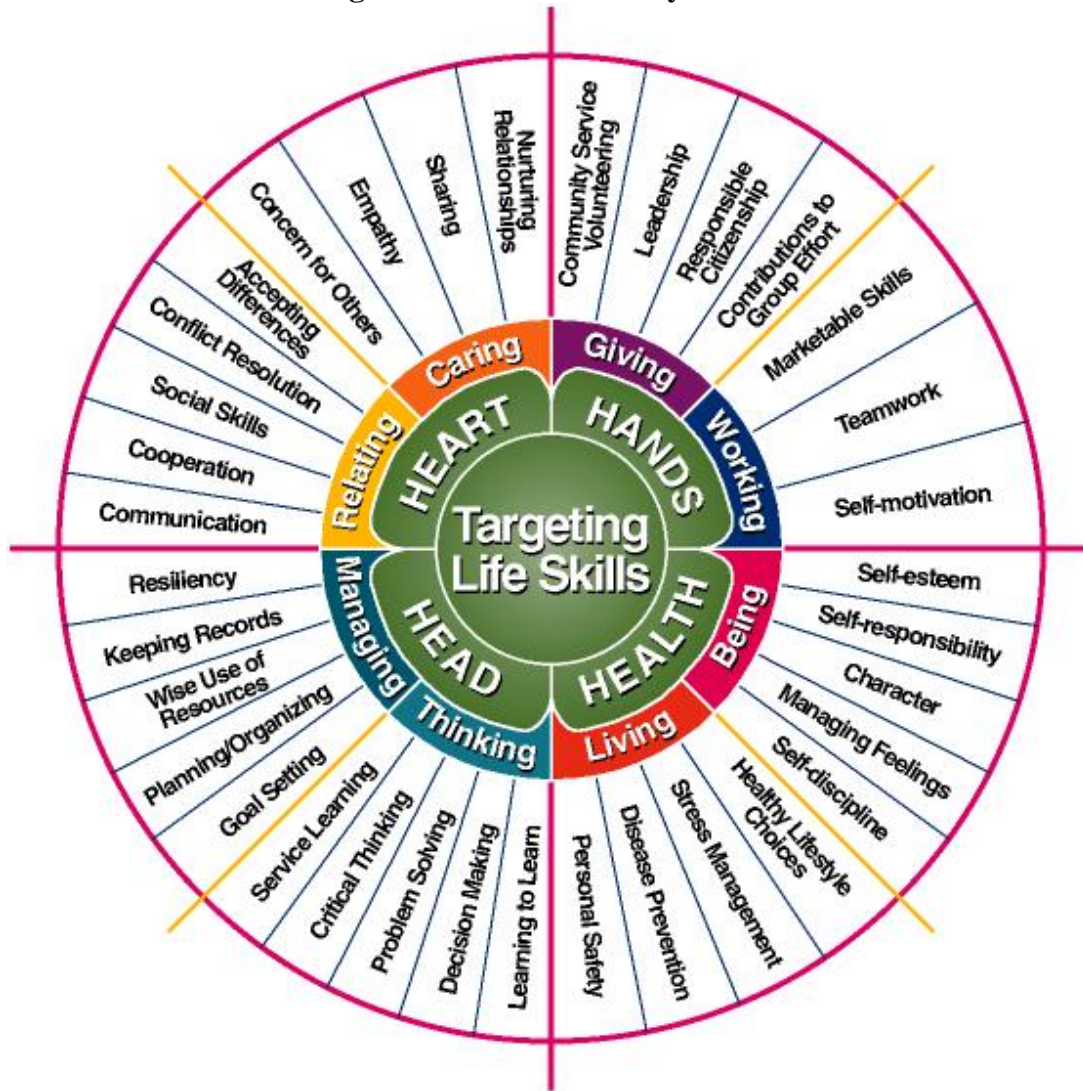
HEART:

HANDS :

HEALTH :

See the Life Skills Wheel below for skills that relate to each H.

Life Skills Wheel: The diagram below shows many of the life skills learned in 4-H.



Courtesy of Iowa State University

Attach these final three sections and your record book will be complete!

***My 4-H Photographs**

(In this section, include photos of your 4-H experiences. Be sure to include a caption for each photo.)

***My 4-H News (and Other) Clippings**

(In this section, include examples of 4-H in the news. The best examples are articles that show your involvement in 4-H activities. Include date and source of each clipping and highlight important information.)

***My 4-H Correspondence**

(In this section, include examples of newsletters, letters, thank you notes, certificates, and other documents you have received that relate to 4-H experiences and projects.)
