



4-H Member Record



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|----------------------|------------------------|
| Name: | Age (as of January 1): |
| Address: | |
| City, State, Zip: | |
| Phone: | Date of Birth: |
| Club Name: | # Year(s) in 4-H |
| County 4-H Educator: | |
| Email Address: | |

Visit <http://www.uvm.edu/~uvmext/4hyouth/> to download record book pages, calendars, and more.

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Instructions

1. Work on your Member and Project record(s) all year long.
 2. Complete one 4-H Member Record each year and put it in a three ring binder. Use the Member Record to record things that are not part of your project record(s).
 3. Complete a Project Record for each of your projects. If your project has a specific project record book listed, use it for that project. If your project is not listed, use the record called 4-H Project Record. Place these records after your 4-H Member Record in your binder.
 4. Use your record book to look back at the progress you have made during the year, and for years to come. This will help you plan ahead for more advanced projects. **You will also be submitting these books to your county educator for consideration on medals, advanced achievement recognition, and at times, for placement consideration on teams and committees.**
 5. You may want to keep a separate scrapbook to hold ribbons, certificates, programs, and any other memorabilia you received through 4-H over the years.
 6. Please keep it current as the year progresses so your memories may fade the longer you wait.
 7. Obtain all required signatures before turning in your records at the end of the 4-H year.
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Why Keep Records?

- § Records help show you what you have done and what you need to do.
- § Keeping records helps you remember your accomplishments.
- § 4-H's mission is to help capable persons by learning life skills such as decision making, leadership, problem solving, cooperation, empathy, healthy lifestyle choices, and keeping records! By keeping a record book, we can see that you are gaining these skills by what you are doing, and what you record.

Be a member in good standing

- § Attend at least 75% meetings our club's business
- § Attend at least 75% of the project meetings for each project you do.
- § Keep and complete member and project records.
- § By doing these activities, you will be eligible for recognition and achievement awards, 4-H scholarships, membership on 4-H Boards and committees beyond the club level and possible out-of-state travel to conferences and events.

Targeting Life Skills Model by Iowa State University



Calendar for Keeping Notes

Please record meetings attended in this section, along with an important pieces of information that may help you later in the year.

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|----------------|-----------------|-----------------|
| October | November | December |
| January | February | March |

| | | |
|--------------|---------------|------------------|
| April | May | June |
| July | August | September |

Number of Club Meetings_____ **Number of Club Meetings Attended**_____

4-H Activities

Year _____

Check the activities in which you have participated during the past year, describe what you did, and indicate at what level CL (Club), CO (County), R (Regional), S (State), NE (New England) N (National).

| Activity | Date | Level | Description |
|--------------------------|------|-------|-------------|
| National 4-H Week | | | |
| 4-H Promotion | | | |
| Day at the Capitol | | | |
| 4-H Fundraising | | | |
| Radio/TV | | | |
| 4-H Camp | | | |
| Fair/Field Days | | | |
| County/Regional Day | | | |
| State Day | | | |
| Teen Congress | | | |
| National Congress | | | |
| Citizen Washington Focus | | | |
| National Conference | | | |
| Eastern States | | | |
| Other | | | |
| Other | | | |
| Other | | | |

Activities and Events: Document those 4-H activities in which you participated this year. Include activities that are not part of your regular project like field trips, Foods/Crafts Day, etc. Please write down what skills you gained, what lifeskills you learned (look at the wheel for help on deciding this), and anything else you think is important to include about each activity. You may copy this page or use an additional page if you run out of room.

| Date of Activity | Activity/What I did | Skills gained/learned | Lifeskills learned |
|------------------|---------------------|-----------------------|--------------------|
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Leadership Opportunities:

§ Committees, Boards, Officers, Events Organized: List any committees, boards, or offices you sat on or held this year or, any activities you organized. Include those that are not a part of 4-H (ex - student council, team captain, fundraisers, etc..)

| Leadership Experience/Title | R e s p o n s i b i l i t y / W h a t I d i d | 4-H/School/ Other |
|-----------------------------|---|-------------------|
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§ Community Service – Please list any service you performed to help with your community, groups or organizations, or individuals (please do not list anything you did for a family member). Include service done outside of 4-H as well.

| Activity/What I did | Who I helped/How I felt | 4-H/School/Other |
|---------------------|-------------------------|------------------|
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Communication Skills: Please document any presentations, speeches or talks given, articles you wrote, drawings you designed, or other means of communicating an idea or report using new technology like powerpoint presentations or digital images.

| Type of Presentation | # of Times Given/Published/Displayed | 4-H/School/Other |
|----------------------|--------------------------------------|------------------|
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Other: Please list any other activities or opportunities that might include camps, conferences or trainings, etc... These activities might include camps, conferences or trainings, etc...

| Activity/project | What I learned | 4-H/School/Other |
|------------------|---------------------|------------------|
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On this page, please complete **My 4-H Story**. This is your chance to describe what 4-H means to you and all about the activities you feel are especially important or noteworthy. Please write at least two paragraphs summarizing your 4-H year. Please include, 1) Your favorite parts of 4-H, 2) The skills you learned or improved through 4-H, and 3) Those things you find hard and how you dealt with them.

My 4-H Story

My 4-H Story