



My 4-H Project Book



4-H Level: INTERMEDIATE

Name:

Years in 4-H:

Age:

This is me!

[Insert Photo Here]

I want to be considered for COUNTY MEDALS in these projects:

PROJECT NAME

YEARS IN PROJECT

This is a true record of my 4-H work for this year.

4-H Club Member _____ 4-H Parent _____

I have reviewed this record book _____

4-H Club Leader

Date signed



4-H PROJECT REPORTS

Intermediates (11-13)



Name:

4-H Year:

This year I completed the following projects:

Example: Dog

(5 points) **GOALS:**

List at least one goal for each project. Check Y or N if you achieved the goal.

Project	Goal	Achieved Goal:
Ex: Dog	Example: the characteristics of the 5 different breeds of dogs.	<input style="width: 80px; height: 25px;" type="text" value="Yes"/>
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4-H PLEDGE
 I pledge my **HEAD** to clearer thinking,
 my **HEART** to greater loyalty,
 my **HANDS** to larger service,
 and my **HEALTH** to better living,
 for my club, my community,
 my country, and my world.



(5 points) CLUB & PROJECT PARTICIPATION

Total the number of club & project meetings you attended each month. List the specific project.

	SEPT	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	TOTAL
CLUB MEETINGS													
PROJECT MTGS Project Name:													
PROJECT MTGS Project Name:													

(5 points) DEMONSTRATIONS & EXHIBITS

List all the demonstrations & exhibits you did in your completed projects. Try to do a demo and an exhibit in each project. List the level: **L** = club, **C** = county, **D** = district.

DATE	EVENT	LEVEL	TITLE/DESCRIPTION	PROJECT
Example: 03/22/15	Central Florida Fair	C	"Camera" Game Board/exhibit	Photography



(5 POINTS) LEADERSHIP & CITIZENSHIP

List project related 4-H leadership & citizenship activities for this year. Leadership involves planning, teaching, or directing others while citizenship includes serving or helping others.

DATE	LEADERSHIP OR CITIZENSHIP	ACTIVITY	# YOU LED OR SERVED
Example: 04/04/15	Leadership	Organized photos for club scrapbook.	12 club members

(5 points) PROJECT AWARDS & HONORS

List project related awards you won in 4-H. Make sure to list ribbons, rosettes, medals, trophies and premiums you received from exhibits and shows. You may also list trips or scholarships if they were given to you as an award for something that you did in your completed projects.

Level: **L** = Club; **C** = County; **D** = District; **S** = State; **N** = Regional or National

DATE	ACTIVITY	LEVEL	AWARD	PROJECT AREA
Example: 01/22/15	District Events/Demonstrations	D	Blue & Purple award	Dog

(5 points) COMMITTEE & OFFICE SUMMARY

List all the 4-H committees and offices that you were a part of this past year and the level of the activity.

Example: Served on the club T-shirt committee.



(5 points) 4-H PROJECT ACTIVITIES

List all the field trips, workshops, tours, judging events, Fair activities, horse shows, camps, citizenship & service projects and leadership that you did that relates to your completed projects. Use the “Other 4-H Awards & Activity” page (page 6) to list those things that are NOT related to the projects you completed. **For example:** if you participated in the Consumer Choices contest but are not doing a Consumer project, it should be listed on page 6 rather than below. You should have activities for each COMPLETED PROJECT.



DATE	ACTIVITY	LEVEL	PROJECT
Example: 01/22/15	Field trip to animal shelter to look at dogs	L	Dog

(5 points) Tell what you learned in EACH project.

PROJECT	I LEARNED:



