



# My 4-H Project Book



4-H Level: SENIORS

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

Seniors (14-16)



Name:

4-H Year:

This year I completed the following projects:

**Example:** Citrus

(5 points) **GOALS:**

These are the goals or what I wanted to accomplish this year. Check Y or N if you achieved the goal. List at least one goal for every project you completed this year.

**Project**

**Goal**

**Achieved Goal:**

**Ex:** Citrus

**Example:** to be able to identify 3 different varieties of oranges.

**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 MEETING ATTENDANCE

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
<b>CLUB</b>													
<b>PROJECT Name:</b>													
<b>PROJECT Name:</b>													

(5 points) DEMONSTRATIONS & EXHIBITS

List all demos & exhibits this year in your completed projects. List level of involvement: **L** = club, **C** = county, **D** = district, **S** = State

DATE	EVENT	LEVEL	TITLE/DESCRIPTION	PROJECT
<b>Example:</b> 03/22/15	County Events	C	"The Life Cycle of an Orange" / demonstration	Citrus



(2 points) CAREER EXPLORATION

List career exploration activities in completed projects.

DATE	ACTIVITY	PROJECT AREA
<b>Example: 3/21</b>	<b>Interviewed an orange grove manager</b>	<b>Citrus</b>

(1 point) 4-H PROMOTION

Tell how you have promoted or publicized 4-H (news articles, talks, exhibits on 4-H, displays, radio, letters or visits with officials, etc.):

(5 points) 4-H PROJECT ACTIVITIES

List all the 4-H field trips, tours, workshops, judging events, Fair activities, horse shows & camps you participated in this year that relate to your COMPLETED PROJECTS. Use the "Other 4-H Activity Record" (page 7) to list those things that you did 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 7. If Citizenship or Leadership is the key part of an activity, then list it in that section, not this one. You should have activities for each COMPLETED PROJECT. Add additional pages, if necessary.

DATE	ACTIVITY	LEVEL	PROJECT
<b>Example: 01/22/15</b>	<b>Citrus Field Day</b>	<b>D</b>	<b>Citrus</b>





(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 & LEVEL	# YOU LED OR SERVED
<b>Example:</b> 04/04/15	Leadership	Lead 4-H Pledge, L	15

(5 points) PROJECT AWARDS & HONORS

List project related awards you have won in 4-H.

DATE	ACTIVITY	AWARD	PROJECT AREA
<b>Example:</b> 01/22/15	Skill-A-Thon	Blue Ribbon	Citrus



(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.

NAME OF COMMITTEE/OFFICE	LEVEL	WHAT YOU DID
<b>Example:</b> Citrus Project Committee Teen Leader	L	Assisted club leader with citrus project



(2 points) EXPERIENCES OUTSIDE OF 4-H

List your involvement in school, church, clubs, community groups, etc. Tell offices held, committees served on, and honors received.

GROUP OR ORGANIZATION	YOUR INVOLVEMENT





