

**4-H Project Record**

Self-Determined

4-H Year \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

(Please Note: 4-H year runs October 1 – September 30.)



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| **Project:** | **Name:** |
| **Unit Number**  **and/or Title:** | **4-H Club:** |
| **Year in this Project:**  (include current year) | **County:** |
| **Age Group (check one):**  ❒ Junior (8-10)  ❒ Intermediate (11-13)  ❒ Senior (14-18) |  |
| **Birthdate:**  (mm/dd/yy) |  |
| **Age:**  (As of December 31, of the current 4-H year.) |  |

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| *Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at www.colorado-4h.org.* | |
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| *I declare that the information in this book is correct and all 4-H requirements have been completed to the best of my knowledge.* | |
| Member’s Signature | date |
| Leader’s Signature | date |
| Parent/Guardian  Signature | date |

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| How I Participate in 4-H! | | | | | |
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| **Categories of Participation** | | **Total this Year** | **Description/Project Title** | | |
| **4-H Projects you are taking this year** | |  |  | | |
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| **What activities helped you learn the skills for this project?** (project meetings,  workshops, classes, contests, etc.) | |  |  | | |
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| **What Leadership**  **Development experiences did you participate in?**  (club/district/state/officer, committee chair, LDC, CLC, YouthFest, State Conference, Jr./Teen leader, pledge leader, etc.) | |  |  | | |
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| **4-H** | **Date** | | **Hours** | **Activity/Title** | **Location** |
| **Citizenship/**  **Community Service** |  | |  |  |  |
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|  | |  |  |  |
| **Demonstrations/**  **Presentations/**  **Speeches** |  | | NA |  |  |
|  | | NA |  |  |
|  | | NA |  |  |

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| Project Expense and Income/Value | |
| *Expenses:* ***Juniors Only.*** *Figure the cost of the specific ingredients and materials use for your final exhibit item or display board. Label the item “Exhibit” or “Board”. You can add a more specific name.* ***Intermediates/Seniors.*** *1. List items* ***purchased*** *this year for your project, such as tools, ingredients, class fees, etc. (More pages can be added in needed)* | |
| **Item** | **Project Expenses** |
|  | $ |
|  | $ |
|  | $ |
|  | $ |
| **TOTALS** | $ |
| *Income or Value:* ***Intermediates/Seniors.*** *1. List practice items you made-like cakes, cookies, bags, room decorations—and estimate the value by comparing it to a similar item you could buy. 2. Record the value of your exhibit item by comparing it to a similar item you could buy.* ***Display boards have no value.*** *3. Record the amount of money you received for any items you* ***sold*** *as Income.* | **Income or Value** |
|  | $ |
|  | $ |
|  | $ |
| **TOTALS** | $ |

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| Return on Investment  **Intermediate and Senior Members**  Everyday, we make decisions about where to spend our time and money, and what activities we want to continue. Ask yourself: How did I benefit from this project? What knowledge and skills did I gain from the project? Did I enjoy it? Was it worth the expense? Could I spend money more wisely the next time? Is it worth doing again? Do I want to learn more? |
| 1. What knowledge and skills did you learn that you can use again? |
| 1. How could you use your new skills to save money or to make money? |
| 1. If you made a product to sell, how would you decide a price for your product? |

**Self-Determined Supplement**

**Section 1 – Select a Topic**

What is your topic? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why did you select this topic? Why do you want to do this project?

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**Section 2 – Define the Topic**

List the goal for your project:

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List the objectives for your project:

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| 2. |
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| 3. |
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**Section 3 – Develop Your Plan of Action**

Set up a chart to organize your action plan. Carefully consider the amount of time each step will take, what resources you will need and who might help provide additional resources.

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| **Steps** | **Resources Needed**  **for Each Step** | **Target Completion Date** |
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**Section 3 – Develop Your Plan of Action (continued)**

Who helped you to develop your action plan? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Often times a plan is not perfect. Once you start working on a plan, you may have to make some changes to it. What kind of changes did you have to make to your plan?

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**Section 4 – Carry Out Your Plan**

As you work through your project, you should record your progress. Attach additional pages if necessary.

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| **Date(s)** | **What did you accomplish? What did you learn?**  **What resources did you use? What problems did you experience?**  **What changes did you have to make to your plan?** |
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**Section 4 – Carry Out Your Plan (continued)**

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| **Date(s)** | **What did you accomplish? What did you learn?**  **What resources did you use? What problems did you experience?**  **What changes did you have to make to your plan?** |
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**Section 5 – Evaluation**

List each of your original objectives and evaluate yourself on each one.

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| **Original Objective** | **Describe whether or not you think you met your objective and explain why. What would you do differently if you were to do the project again?** |
| 1. |  |
| 2. |  |
| 3. |  |

**Section 5 – Evaluation (Continued)**

You designed your original objectives to help you meet one main goal. What was your main goal?

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Do you think you met your original goal? Why or why not?

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What are your final feelings about your project? Would you do it again?

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**Section 5 – Evaluation (Continued)**

Name one life skill you developed or enhanced (from the list in the manual) while completing this project:

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How did you develop or enhance this life skill?

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Why is this life skill important to you?

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How will you use this life skill in another situation?

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| Photographs from your 4-H Project |
| *A minimum of four pictures with a descriptive caption for each is required. Additional photos can be added. Pictures must be project-specific.* |

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| 4-H Story |
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| Length and Format Guidelines  *You can type or hand-write your story. If you hand-write the story, use pencil or ink on lined white notebook paper.*  *If a computer is used to write the story, use plain white paper with no smaller than 12 point font.*  *Leave wide enough margins so the story can be read if inserted into a report cover.*  *Limit your story to a maximum of two (2) pages.*  *Story can be single or double-spaced as long as it does not exceed two pages.*  *Younger members may want to double-space their story so you can see what you are writing.*  *Be sure to use proper grammar and sentence structure.*  *Edit your story when finished. Check your spelling.*  *Have someone else read your story.* |
|  |
| The following questions may help you in composing a story specifically related to your project:  Why did you choose this project?  What goals did you set and which ones did you reach?  What are your 4-H goals for next year?  What would you do differently if you were to try it again?  What skills have you learned in the program?  Have your projects grown in size and scope?  Were any adults or other 4-H members especially helpful to you? How?  Has 4-H helped you become a better leader and citizen?  What has being a 4-H member meant to you? |

4-H Project Record Resources

Record Book Users Guide

Electronic and printable forms

Project Exhibit Requirements

**www.colorado4h.org**

