



Connecticut 4-H Record Keeping



4-H ACTIVITY RECORD

An Activity Record is a “snapshot or summary” of your entire 4-H year. List your 4-H activities for this year only. Record your activities at the time you do them. Keep this 4-H Activity Record with your project records. When compiling your current year’s records, the Activity Record Sheet is placed first, or on top of, the other record sheets you use that year. Use only one Activity Record for each 4-H program year even though you may be in more than one club and have more than one project.

Name XXXXXX Age as of January 1st XXX

Years in 4-H (Counting this year) XXX 4-H Program Year XXX

Independent member _____

	Meetings Held	# Attended
Club Business meetings _____	_____	_____
Project meetings _____	_____	_____
Project meetings _____	_____	_____
Project meetings _____	_____	_____

GENERAL 4-H GOALS In addition to project goals, 4-Hers, to be members in good standing should have a goal related to their general 4-H involvement. DO NOT choose a goal related to your project. Circle one of the goals listed below or choose your own and explain how you are going to achieve it.

My general goal for 4-H this year is (check one) XXX
 Public speaking Community Service Fair participation Teen leadership
 Leadership Club participation 4-H promotion Other

I am going to achieve this goal by XXXXXXXXX

PUBLIC SPEAKING List this year’s 4-H demonstrations, speeches, power points, illustrated talks, radio and/or television appearances. Only list presentations conducted during this 4-H year.

Date	Topic	Where was Presentation Delivered?	# of Hours Spent (include prep)	Level*

*4-H sponsored events

4-H Club-4-HCL; 4-H County-4-HC; 4-H State-4-HS; 4-H Multi-state-4-HM; 4-H National-4-HN

* non 4-H sponsored events

non4-H Local- L; non4-H County-C; non4-H State-S; non4-H Multi-state-M; non4-H National-N

LEADERSHIP List your leadership experiences in 4-H. Include offices you have held or committees you have served on and the level of participation you held within each committee (i.e. member, chair, etc.).

Date	Activity	Level of Participation (participate or plan)	# of Hours Spent (include prep)	Level*

* Club-CL, County-C, State-S, Multi-state-M, National-N

COMMUNITY SERVICE List your 4-H community service efforts. Include things that contribute to the welfare of other individuals or your community.

Date	Activity	Level of Participation (Leadership position or participant, if leadership be specific)	# of Hours Spent (include preparation)	Level*

*Individual-L; Club-CL; County-C; State-S; Multi-state-M; National-N

RECOGNITION List special club, local, county, state or national awards received during the current 4-H year. Complete this section throughout the year. Remember to only list recognition related to this year's 4-H project(s). FOR NON-ANIMAL PROJECTS - Include awards received for your 4-H project at non-4-H events and 4-H events. For exhibit awards received at the Fair, summarize by division. FOR ANIMAL PROJECTS only list awards in this chart, that are not listed in your Project Record.

Date	4-H Project	Award	Received From?	Level*
00/00	Home Arts Division	6 exhibits- 3 blue, 3 red Danish ribbons	County 4-H Fair	4-HC

*4-H sponsored events

4-H Club-4-HCL; 4-H County-4-HC; 4-H State-4-HS; 4-H Multi-state-4-HM; 4-H National-4-HN

* non 4-H sponsored events non4-H Local- L; non4-H County-C; non4-H State-S; non4-H Multi-state-M; non4-H National-N

GENERAL 4-H PARTICIPATION and PROMOTION in any other club, county, regional, state or national activities. List your PROJECT related activities in your project record. In this section do not list activities already listed in your project record or listed elsewhere in this activity record. Don't forget activities such as judging activities, clinics, exhibits, workshops, tours, conferences, camp, 4-H fundraising, shows, exhibiting/volunteering at the 4-H Fair or participating at Eastern States, and attending conferences such as Citizenship Day, Washington Focus, or Teen Connection.

Date	Activity	Describe Your Participation (Leadership position or participant, if leadership be specific)	Level*
	<u>AT LEAST ONE THING IN THIS SECTION</u>		

*Individual-L; Club-CL; County-C; State-S; Multi-state-M; National-N

4-H MEMBER FINANCIAL SUMMARY: This sheet shows a “snap shot” of the expenses/income for all your projects this 4-H year. For instance, if you are reporting two projects, one heading might be "horse" and one might be "clothing". If you only have one project- just list that project. Transfer the summary totals from the individual project record sheets. Add more sheets if necessary.

	Project Income	Project Expenses	Profit/Loss	Comments
Project				
Total				

4-H STORY Write a story telling what 4-H has meant to you this year. Include some of the things you have learned and some of the things that have been the most fun. Tell how you have helped others by being a 4-H member. Share how you have used things learned in 4-H in school or non 4-H activities. What has your 4-H project taught you? If you are typing, use Times Roman font 12

XXXXXXXXXXXX

This Activity Record and these Project Sheets were written by the member and are believed to be accurate.
 This Activity Record and these Project Sheets were dictated by the member and are believed to be accurate.

 XXX XXX XXX XXX
Date Member Date Parent/Guardian

 XXX XXX
Date Leader

Attach one or two selected photographs or news articles. (optional)