



This record belongs to: _			_	
	Name			Year
Mailing Address:				
	(Street):			(Apt. #):
(City/I		(State):		(Zip):
•		(State):		(Zip):
Please indicate age as of Ja	inuary 1st:			
4-H Age for year completi		ntermediate (11-13)	Senior	(14-18)
Grade in School:	Years in 4-H:			
County/City:				
4-H Club(s):				
. ,				
	r:			
My 4-H projects this year	; number of years in project:			
Name of Project	# of Years	Name of Project		# of Years
I have reviewed this record b	ook:			
Signed				
Volunteer				Date
Comments:				
Commento				

Club Participation												
Number of Meetings I Attended (Check or make notes)												
Club Name	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC

Committees & Offices (4-H, school etc.)					
Name of Committee/Office/Role Description/What I Did					

4-H Promotion Activities						
-	I promoted or publicized 4-H in these ways during the year (news articles, TV, radio, 4-H Ambassador Responsibilities, displays, fair booths, flyers, new member recruitment, and expansion efforts):					
Date						
	Be Specific – Explain Activity & Location					

Communication Activities						
I took part in the following communication activities (speeches, demonstrations, visual presentations, etc.):						
Date	Type of Communication	Title	Event or Location			

Awards and Honors						
Include 4-H awards and honors such as fair and county recognition (you may add additional pages)						
Activity/Event	Award	Location				
	4-H awards and honors such as fair and cou	4-H awards and honors such as fair and county recognition (you may add				

Journal of Activities, Events, and Experiences

Use this page to record **all** activities, events, and experience as you have them. Include 4-H, volunteer, community, citizenship, leadership, service learning, school, sports, and other activities.

Date	4-H Event	Type of Activity or Event	Location	Description

(Add additional pages as needed)

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