



This record belon	gs to:		Year
Mailing Address:	(Street):		
	(******)		
	(City/Town):	(State):	(Zip):
Please indicate age	as of January 1st:		
4-H Age for year co	ompleting: Please check:  Junior (8-10)	☐ Intermediate (11-13)	Senior (14-18)
Grade in School:	Years in 4-H:		
County/City:			
4-H Club(s):			
My 4-H goals for	this year:		
My 4-H projects t	his year; number of years in	project:	
Name of Projec		Name of Project	# of Years
	<u>,                                      </u>	•	
I have reviewed this	s record book:		
	, 10001		
Signed			
· ————	Volunteer		 Date
Comments:	, oranger		Date
Comments.			
1			

Club Participation											
Number of Meetings I Attended (Check or make notes)											
Club Name	Club Name JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV D							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	Activity Be Specific – Explain Activity & Location	Results		

### **Communication Activities**

I took part in the following communication activities (judging, demonstrations, illustrated talks, public speaking, conference judging, reports at club meetings, community groups):

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)

Date	Activity/Event	Award	Location

### 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)

# 4-H GROWS HERE