



| This record belongs to: | Name | | Year |
|-----------------------------|---------------------------------------|----------------------|----------------|
| Mailing Address: | | | |
| | (Street): | | (Apt. #): |
| (City | y/Town): | (State): | (Zip): |
| Please indicate age as of | January 1st: | | |
| 4-H Age for year comple | eting: Please check: Junior (8-10) | Intermediate (11-13) | Senior (14-18) |
| Years in 4-H: | | | |
| County/City: | | | |
| 4-H Club(s): | | | |
| | | | |
| My 4-H projects this year | r; number of years in pro | oject: | |
| Name of Project | # of Years | Name of Project | # of Years |
| | | | |
| | | | |
| | | | |
| I have reviewed this record | book: | | |
| | | | |
| Signed | | | |
| Vol | unteer | | Date |
| Comments: | | | |
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| 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 DEC | | | | | | | | DEC | | |
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Y= Attended N=Absent NM=No Meeting Held

| Committees & Offices (4-H, school etc.) | | | | | |
|--|--|--|--|--|--|
| Name of Committee/Office/Role Description/What I Did | | | | | |
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| 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 | | | | | | | |
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| Communication Activities | | | | | | | |
|--------------------------|---|--|--|--|--|--|--|
| | I took part in the following communication activities (speeches, demonstrations, visual presentations, etc.): | | | | | | |
| Date | Date Type of Communication Title Event or Loc | | | | | | |
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| | Awards and Honors | | | | | | | |
|------|--|-------|----------|--|--|--|--|--|
| Incl | Include 4-H awards and honors such as fair and county recognition (you may add additional pages) | | | | | | | |
| Date | Activity/Event | Award | Location | | | | | |
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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 |
|------|-----------|---------------------------|----------|-------------|
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(Add additional pages as needed)

Developed by: University of Maryland 4-H State Office 2017

