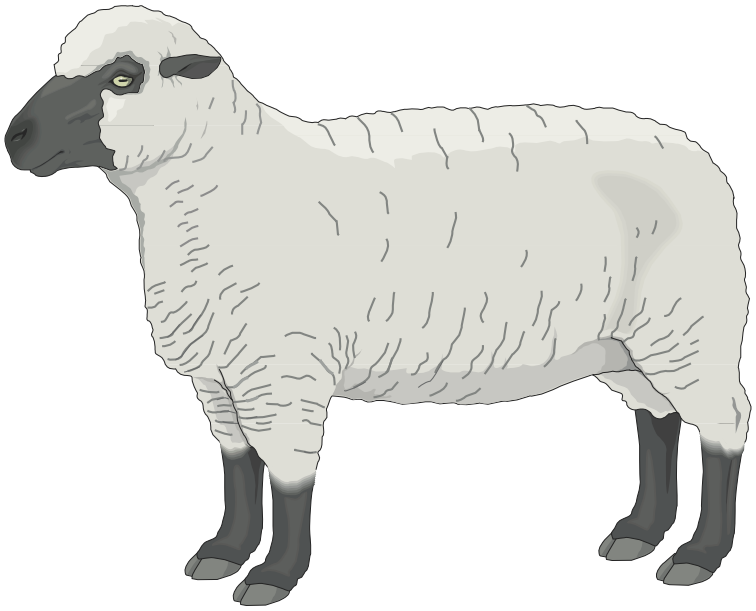
RUTGERS
New Jersey Agricultural Experiment Station

4H246

My 4-H Sheep Project Record Book



For use by New Jersey 4-H sheep project members

Member name: _____ Birth date: ____/____/____

Address: _____ Grade: _____

Phone #: _____

4-H County: _____ Years in Project: _____

Name of club: _____ 4-H Year: _____

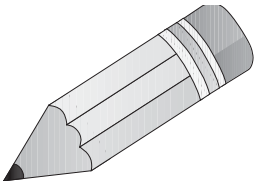
Club leader's name: _____

End of year signatures

At the end of the 4-H year, when your record book is complete, your 4-H club leader will ask to see this record book.

By signing below, I am stating that I have completed this record book myself and, to the best of my knowledge, the information included in it is correct.

4-H member Signature	**Date**



By signing below, I am stating that I am familiar with this work and, to the best of my knowledge, the member completed this record book and the information included in it is correct.

Title	**Signature**	**Date**
Parent		
4-H club leader		

Protected Under 18 U.S.C. 707

Written by Kevin Mitchell, Sussex County 4-H Agent; Lisa Rothenburger, Somerset County 4-H Agent; Keith G. Diem, Ph.D., Program Leader in Educational Design; Annette Devitt, Salem County 4-H Agent; Margie Margentino, Program Associate, Animal Science, in cooperation with New Jersey 4-H Sheep/Lamb Project Advisory Group.

Based on "My 4-H Record Book," by Keith G. Diem, Ph.D., Program Leader in Educational Design.

Revised July 2004. Updated Jan. 2011

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Visit the NJ 4-H web site: *www.nj4h.rutgers.edu*
(This publication is available for downloading)



Introduction

This project record book has been created specifically for members enrolled in the 4-H Sheep project. Keeping a record book is an important part of the project. It will help you set goals for the project year, record your accomplishments and help guide your efforts to keep important records on your sheep.

4-H Mission

The Rutgers Cooperative Extension 4-H Youth Development program uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes, and skills they need to become competent, caring, and contributing citizens of the world. This mission is accomplished by using the knowledge and resources of the land-grant university system, along with the involvement of caring adults.

What is a 4-H project?

A project is a subject or topic that you learn about in 4-H. More important, a project is something you do or make, which results from knowledge and skills you learned in the project. In this case, your project is a sheep. You learn about your project from attending club meetings and educational workshops, and working with adult leaders and other 4-H members. You can also learn from field trips and camps, by participating in shows and competitions, as well as through your family and self study.

Goals of the 4-H Sheep Project

Through particpation in this project, youth will:

- Practice the life skills of
  - – decision making
  - – communicating with others
  - – planning and organizing
  - – learning to learn
- Identify and select quality sheep
- Demonstrate good sheep management and health practices
- Develop sheep fitting and showing skills
- Improve their lamb consumer skillls
- Promote sheep products and the sheep industry

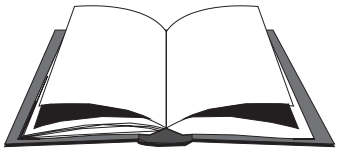
Why complete a record book?

A record book is not meant to be a chore. Instead, it is a way for you to learn. Here are some important reasons why 4-H expects you to complete a 4-H record book for your project.

Keeping a 4-H record book will help you . . .

- Learn how to organize yourself
- Learn how to set reasonable goals for yourself
- Appreciate what you've learned this year from the goals you reached
- Recognize what things you learned in your 4-H project this year and compare your progress and successes from year to year
- Explain what you've learned
- Keep track of costs of your project
- Gather information needed to apply for awards and scholarships
- Complete applications and resumes for jobs and college
- Meet requirements to participate in some county, state, or national 4-H events.

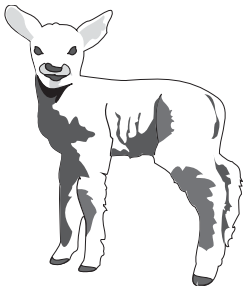
Guidelines for the 4-H Sheep Project Record Book



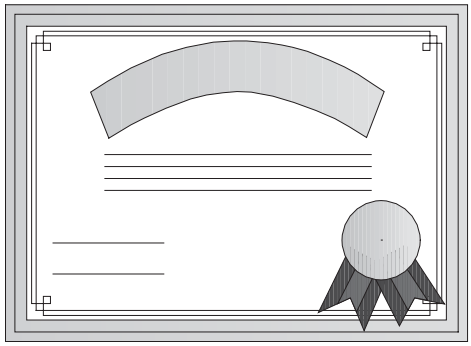
One record book can be completed for all your project animals. You start your record book at the beginning of the 4-H year and keep all your expenses and receipts during the year. It is important to keep your record book up to date monthly. Keep your book neat and complete.

Start your year by setting at least three goals for the year. These goals may include "Sheep Knowledge and Skills" or "Personal Development Activities." To expand your horizons, each year in the project, try to accomplish new skills, or skills you did not accomplish in previous year(s).

The record book has been three hole punched so that it may be easily kept in a three ring binder. With each new project year, add your new record book to the binder. It is recommended that you save your record books from previous years in your binder. That way, you can easily compare your progress and achievements throughout the years. It will also help you when you apply for awards, jobs, college, etc.



Member in good standing requirements



In general, all 4-H members are expected to meet the following standards each year. These are the minimum requirements. Your club may have additional requirements.

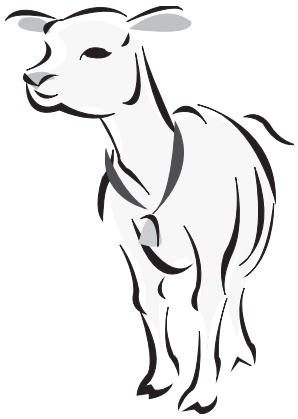
- Attend at least 70 percent of regular club meetings and/or activities.
- Complete a 4-H project, doing one's own work with minimal assistance from parents or others, including being responsible for the physical care and training of the animal(s) to the fullest extent.
- Give a club or county 4-H public presentation.
- Complete a project record book (like this one).

How this record book is organized

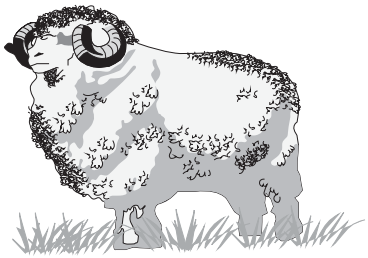
Besides this introduction, this record book is organized into five main sections:



- Starting Out - My goals for the 4-H year - page 6
- Along the Way - Keeping track of what I do - page 11
- Looking Back - What I learned this year - page 19
- Thinking Ahead - My goals for next year - page 23



Starting Out



My goals for the 4-H year

The beginning of the 4-H year is a good time to begin thinking about what you'd like to do or learn in 4-H during the upcoming months. List some of your goals for the year and what plan you have to accomplish your goals. Talk to your leader and parents to decide what goals are realistic to try and possible to finish this year.

During each year in the 4-H Sheep project, members should choose a minimum of three goals to pursue. Choices are listed starting on page 8. Write your choices below. Don't be afraid to challenge yourself! Of course, you may aim to reach more goals. For now, write your goals below and your plan for reaching each goal. If the items on the list have all been accomplished, develop some of your own. You may also choose special ones not listed. Be sure to get the needed signatures on the next page.

My goals for this year	**What I need to do to reach this goal**
Example: I will learn how to give a public presentation.	*Attend county public presentation workshop. Have my leader and parents help me pick a topic that will be good for me. Practice my presentation. Give the presentation at a club meeting.*

Table continued on next page.

My goals for this year	What I need to do to reach this goal

Signatures for goal setting

I will work toward the above goals I have set for myself for the upcoming 4-H year to the best of my ability:

 _____ (Member signature) _____(Date)

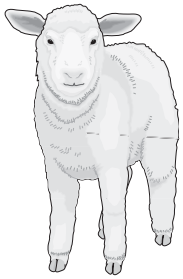
I will support my son's/daughter's goals for the upcoming 4-H year:

 _____(Parent signature) _____(Date)

I will help support this member's goals for the upcoming 4-H year:

 _____(4-H Leader signature) _____ (Date)

Suggestions for Project Goals



Sheep Knowledge & Skills

During each year, members may choose several Sheep knowledge and skill goals. Do not be afraid to challenge yourself!

Item #	Sheep Knowledge or Skill
Beginning Skills	
S-1	Identify breeds of sheep
S-2	Identify at least 25 parts of a sheep's body
S-3	Compare and describe differences in two sheep
S-4	Demonstrate one or more fitting techniques
S-5	Practice sheep showmanship techniques
S-6	Set a daily animal care schedule
S-7	Learn to care for a newborn lamb
S-8	Identify wool properties and uses
S-9	Identify and locate seven meat cuts on a sheep carcass
S-10	Identify at least six sheep by-products
S-11	Identify signs of health and sickness
Intermediate Skills	
S-12	Judge and present reasons for a class of sheep
S-13	Identify parts of ruminant digestive tracts
S-14	Name a prevention and cure for sheep health problems
S-15	Identify different feeds and nutrients they provide
S-16	Demonstrate how to deliver lambs in abnormal positions
S-17	Demonstrate how to save a weak, newborn lamb
S-18	Do six sheep management practices

S-19	Identify parasites that attack sheep
S-20	Locate sheep information on the World Wide Web
S-21	Outline a budget for a market lamb
S-22	Discuss ethical and non-ethical behaviors in the sheep project
S-23	Determine the yield grade of several carcasses
S-24	Identify the important management practices during eight production periods
S-25	Cook lamb meat
Advanced Skills	
S-26	Plan and organize a judging contest
S-27	Determine income and expenses for a sheep enterprise
S-28	Identify parts of a ewe's and ram's reproductive systems
S-29	Design and conduct a sheep products survey
S-30	Plan an event or activity
S-31	Interview people in five agricultural careers
S-32	Debate an issue affecting the sheep industry
S-33	Design and teach a lesson on a sheep topic
S-34	Organize and conduct an ABC's of Sheep game
S-35	Explain careers in the sheep industry

If the above skills have all been accomplished, develop some of your won. You may also choose any special skill not listed above



Personal Development Activities

During each year, members may also choose several personal development goals. Do not be afraid to challenge yourself!

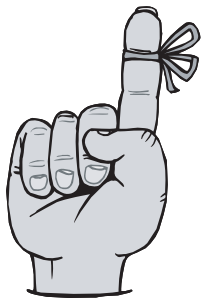
Item #	Personal Development Activity
PD-1	Participate in a community service project (such as a food drive, community clean up, etc.).
PD-2	Participate in a community pride project (such as a parade or community day).
PD-3	Help prepare a display or booth relating to Sheep or Sheep activities.
PD-4	Serve as a member of a club committee
PD-5	Attend 4-H Camp.
PD-6	Participate in your county fair.
PD-7	Assist at a 4-H Sheep show.
PD-8	Serve as a host for a 4-H meeting, making everyone welcome.
PD-9	Provide refreshments for a club meeting.
PD-10	Help plan a fun activity for your club.
PD-11	Help with club/county 4-H fund raisers.
PD-12	Write a newspaper story for your club about an event you have participated in.
PD-13	Serve as a chairperson of a club committee.
PD-14	Arrange for a speaker to talk to your club.
PD-15	Make arrangements for your club to go on a field trip.
PD-16	Attend Citizenship Washington Focus (CWF)
PD-17	Attend National 4-H Youth Congress.
PD-18	Attend National 4-H Conference.
PD-19	Explore careers in Sheep
PD-20	Assist a younger member in preparing a public presentation.
PD-21	Assist a younger member at a Sheep show.

If the above activities have all been accomplished, develop some of your own. You may also choose any special activities not listed above.

Along the Way

Keeping track of what I do

For this section, it is best to write down what you have done shortly after completing it so you won't forget important events and activities. This section includes the following parts:



- What I did in this project this year
- Animal care & management
- Project finances
- Other clubs and projects

What I did in this project this year

The following page is where you can list what you did in this 4-H project. Don't forget to include these types of 4-H events and activities you might have done this year:

- Events participated in
- Leadership roles such as offices held, committees led
- Special meetings & clinics
- Community service
- Public Speaking
- Field trips
- County 4-H Fair
- Awards or recognition earned
- Shows & competitions - Competition is an optional part of any 4-H project. Sheep shows are an option that you might enjoy. If you choose to compete in shows, you should keep records of the results. Two possible methods of recording show results are as follows:
  A. Copy the following page and use a different page to record the show record for each individual sheep.
  B. Copy the following page and use a different page to record all the information about all the sheep entered in each show.

Page 13 has examples of each method of recording show information.

Name of event/activity	**Date & Location**	**What I did**	**Level** (Club, County, State, National)	**Award or Recognition Earned?**
Example: Club meeting	*9/1/2000 Somewhere, New Jersey*	*Attended new year-organizational meeting. Explained county fair to new members.*	*Club*	*none*
Example: Visited nursing home with the club	*12/15/2000 ABC Nursing Home, Milltown*	*I demonstrated how to spin wool into yarn*	*Club*	*Received a thank -you letter from the Center Director*

Name of event/activity	**Date & Location**	**What I did**	**Level** (Club, County, State, National)	**Award or Recognition Earned?**

(You may add more copies of this page if necessary.)

Examples of Show Records (Use a copy of the "Along the Way" form on page 12.)

Individual Animal Record - Show Record for Flossy

Name of event/activity	**Date & Location**	**What I did**	**Level** (Club, County, State, National)	**Award or Recognition Earned?**
ABC County Invitational 4-H Sheep Show	*6/28/2001*	*Aged ewe; Purebred Dorset Class - 10 in class*	*County*	*2nd place*
Clover County 4-H Fair	*8/7/2001*	*Aged ewe; Purebred Dorset Class - 8 in class*	*County*	*1st place*
NJ State 4-H Sheep Show	*8/24/2001*	*Aged ewe; Purebred Dorset Class - 8 in class*	*State*	*3rd place*
NJ State 4-H Sheep Show	*8/24/2001*	*Novice Showmanship Class - 18 in class*	*State*	*4th place*

Show Results

Name of event/activity	**Date & Location**	**What I did**	**Level** (Club, County, State, National)	**Award or Recognition Earned?**
NJ State 4-H Sheep Show	*8/24/2001*	*Flossy - Aged ewe; Purebred Dorset Class - 8 in class*	*State*	*3rd place*
		Flossy - Novice Showmanship Class - 18 in class	*State*	*4th place*
		Big Boy, Jr. - Ram Lamb Purebred Dorset Class - 5 in class	*State*	*4th place*
		Suzy - Ewe Lamb Purebred Dorset Class - 9 in class	*State*	*8th place*

Taking Inventory

Barn Equipment and Supplies Inventory - Start of Project Year

List in the appropriate sections all the equipment and supplies you own at the beginning of the 4-H year. Include a description of the item. If you own a lot of equipment and supplies, you do not have to record each one, i.e., list five water buckets instead of listing each water bucket separately. If the cost is not known, estimate the value. Something to think about. An up-to-date Barn Equipment and Supplies Inventory will be very useful if equipment is lost, destroyed, or stolen! When you purchase new equipment and supplies, list these items on this form and in the ***Equipment Expenses*** section on page 16.

Item	**Year Acquired**	**Description**	**Cost (If Purchased)**	**Value**
Example: 5 water buckets	*1998*	*1 gallon water buckets*	*$25.00*	*$25.00*
Total Value of Equipment and Supplies (Add all values of Equipment and Supplies and put this number in box at right.)				

(You may add more copies of this page if necessary.)

Flock Record – Sheep Inventory

For the Sheep project, you will need to keep track of sheep in your flock. This includes sheep you own or lease at the beginning of the year and all sheep at the end of the project year. For each sheep list it's name or flock number, registration number (if registered), breed, date lambed or age, date of purchase (if applicable), how the animal left the flock and date, sex (the usual abbreviations are E for ewe, R for ram, W for wether) and value (this may be the purchase price or appraised value). If you have a large flock, you do not have to record each sheep. However, you should record all sheep that are "project animals" or that you enter in any show.

Sheep's name or flock #	**Registra - tion #**	**Breed**	**Date of birth**	**Date of purchase**	**How animal left flock & date**	**Gender**	**Value***	
							Proj. Start	**Proj. End**
Example: Fluffy	*Not registered*	*Grade*	*4/18/97*	*Gift 8/23/97*	*Sold 4/12/00*	*W*	*$15.00*	*$20.00*
Example: #15	*79324*	*Hamp- shire*	*3/14/00*	*Flock Lamb*	----------	*E*	*$40.00*	*$50.00*
Total Value of Sheep (Add all values of sheep and put these numbers in boxes at right.)								

* If the animal was a gift or born in your flock, estimate the value.
* If the animal was given away or traded, estimate the value.

Net Value _____
(End Value minus Start Value)

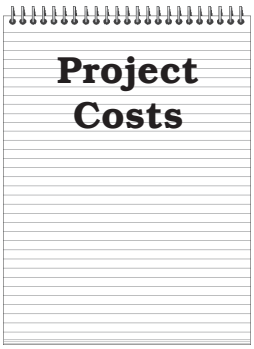
(You may add more copies of this page if necessary.)

Project Finances



It is likely that you spent money on your 4-H project this year. This section will help you add up what it cost to complete your project.

(E) Expenses



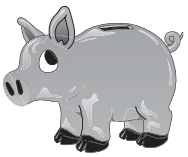
This section is where you can keep track of what materials, supplies, and equipment you purchased or used for your project and what it cost to use.

Don't forget:

- Cost of items purchased, including equipment and supplies
- Cost of maintenance or repairs
- Entry fees for any shows or exhibitions

Date	**Description of expense**	**Cost ($)**
1/1/2000	*Example: Shovel*	*$22.00*
Total Expenses	(Add up all expenses from above and put number in box at right)	

(I) Income



List any income received from your project this year. For instance, sales of any project-related items or cash prizes from contests or exhibitions. It is quite likely your project had no income. If so, enter "None" under description and "0" under "Total Income."

Date	**Description of income**	**Income ($)**
1/15/2000	*Example: Sold lamb pens*	*$50.00*
Total Income	(Add up all income from above and put number in box at right)	

(N) Net Project Cost or Profit



If your project earned more than it cost, then your project made a profit. But this is not likely so don't worry if your project did not make money! Although a business aims to earn a profit, a 4-H project is meant for learning. The important point to learn is that most activities have costs. Therefore, you must be careful to spend money wisely.

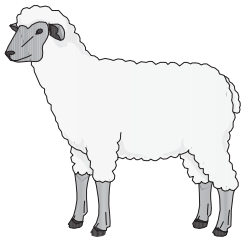
More likely, you spent more on your 4-H project than you earned from it. Therefore, "expenses" minus "income" is the total (or "net") cost of your project.

Financial Summary Table

Total Expenses (E)	$
Total Income (I)	$
Net Project Cost or Profit (Subtract I from E)	$

Animal Care & Management

Because your project is a living creature, it requires regular care and management. Here is the place to explain what you regularly do for or with your animal on a daily, weekly, monthly, and yearly basis. Be as specific as possible.



Do not forget to list the following:

- Feeding and watering practices
- Grooming (shearing,trimming hooves, check health)
- Cleaning pens, food and water containers
- Manure removal
- Checking and repairing as needed: fencing, pens, barns, etc.

What I do for/with my project animal . . .
Daily
Weekly
Monthly
Yearly

Sheep Breeding Record (Use this form for your breeding project)

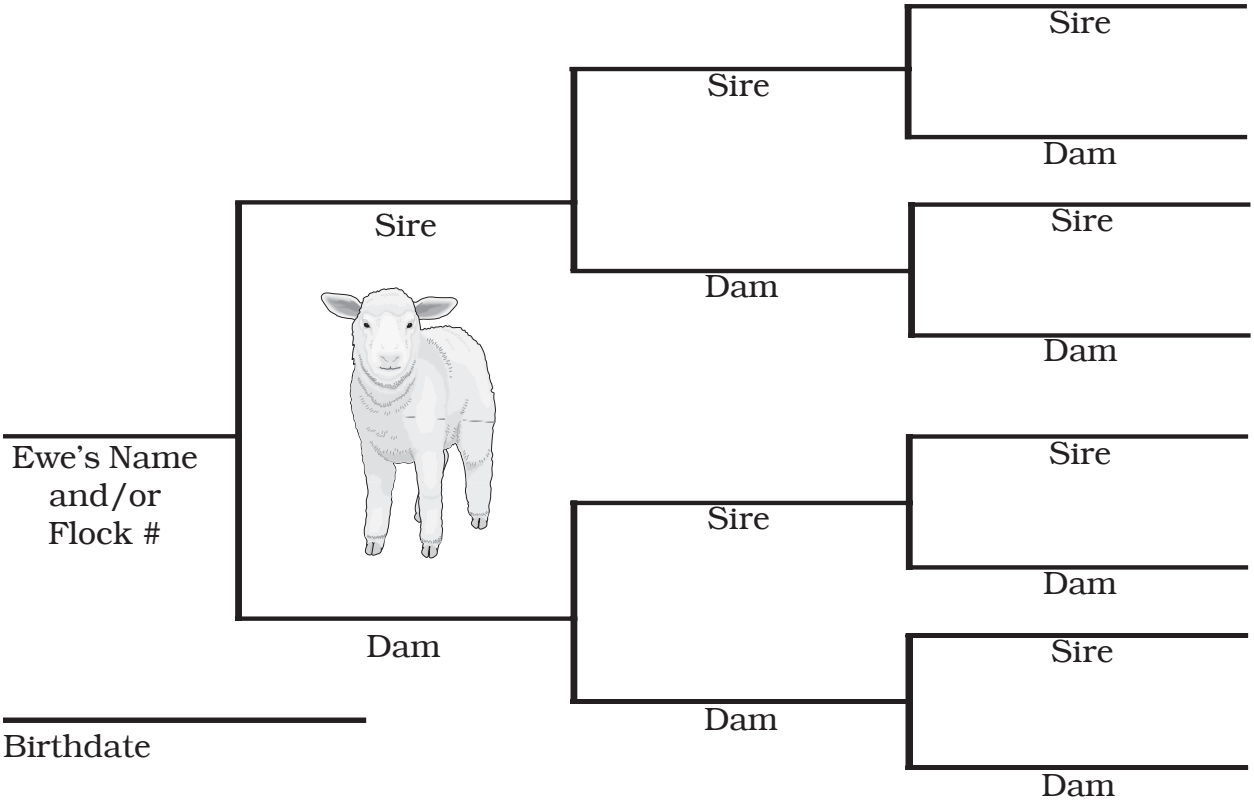
Many project members choose to include breeding as part of their 4-H project. When you are breeding sheep, use the chart below to keep track of the ewes bred and their offspring. For the sex column of the chart the usual abbreviations are E for ewe, and R for ram. If you prefer to maintain more detailed sheep breeding records, see page 20 and use the form: "Ewe Production Record."

Ewe Name or flock #	**Ram Name or flock#**	**Date Lambed**	**Offspring**			
			Name or Flock #	**Birth Weight**	**Gender**	**# Born dead**
Flossy	*Big Boy*	*3/2/01*	*Suzy*	*10lbs*	*E*	*None*
"	"	"	*"Lucky*	*12lbs*	*R*	*None*
Curly	*Big Boy*	*3/14/01*	*Big Boy, jr.*	*15lbs*	*R*	*One (E)*

(You may add more copies of this page if necessary.)

Ewe Production Record (Use this form for your breeding project)

This form is a more detailed version of the "Sheep Breeding Records" form on page 19. One form should be completed for each project animal ewe in your flock. This information will help you determine if this ewe's lambing record makes her a worthwhile investment. (You may add more copies of this page if necessary.)



Lambing Record

Date lambed	S, TW, TR[1]	Sex[2]	Name or flock #	Sire	Birth Weight	Dispostion (sold or add to flock)

[1] **S** for single, **TW** for twin, **TR** for triplet
[2] **E** for ewe, **R** for ram

Market Animal Record: Weight Gain and Feed Records

(Use this form for your market lamb project)

Experienced 4-H Sheep Project members may want to utilize the following publications from the Rutgers Cooperative Extension Publications Distribution Center. Publication # 380-122 Livestock Record Book: For Beef-Swine-Sheep OR Publication # 380-121 Advanced Livestock Record Book: For Beef-Swine-Sheep. Keeping accurate weight gain and feed records is important. Reviewing this information will enable you to determine: how much feed was fed to your market animal; the cost to feed your market animal; and if this market animal's rate of gain was equal to, greater than, or less than the average market animal's rate of gain. Genetics also influences an animal's rate of gain. However, if the animal is not fed an adequate amount of good quality feed, then it will not develop to it's full genetic potential. If you have a large flock, you should maintain these records for your "4-H project animals."

Animal Name _____ Identification _____

Breed _____ Date of Birth _____ Date Weaned _____

Weight (pounds)

Birth	Month												Final
	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec	

Feed Records*

	Month												Total
	Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sept	Oct	Nov	Dec	
Grain[1] (pounds)													
Grain[1] (cost)													
Hay[2] (pounds)													
Hay[2] (cost)													
Pasture[3] (# of days)													
Pasture[3] (cost)													

* To keep track of feed use, put a calendar in the barn and write down the amount and the kind of feed used each day. At the end of each month, total each kind of feed used and record the information in the Feed Records Table.

[1] To calculate the cost of grain for each sheep/month:
- Divide the cost of the grain by the amount of grain purchased (i.e. $8.50 ÷ 50 lbs. = 17 cents/lb.
- Multiply the cost of the grain by the amount fed to the sheep (i.e. 17 cents x 30 lbs./month = $5.10/month)

[2] To calculate the cost of hay for each sheep/month
- Weigh several bales of hay to determine the average weight (i.e. 25 lbs. + 35 lbs. + 30 lbs./month = 90 lbs. ÷ 3 bales = 30 lbs./bale)
- Multiply number of bales eaten by the sheep by the cost per bale (i.e. 4 bales/month x $2.50/bale = $10.00/month)

[3] Use 2¢ a day/sheep for cost of the pasture. If pasture has been improved, increase amount.

(You may add more copies of this page if necessary.)

Wool/Fleece Records (Use this form for your fleece/wool project)

Record the fleece weight and income (if fleece is sold) for each project animal to assist with determining its health status and to monitor how age and management of the sheep affects the quality of the wool.

Animal's name or #	**Breed**	**Date lambed or age**	**Date shorn**	**Fleece quality**	**Fleece weight**	**Income**
Total Income From Fleece (Add the income and put this number in box at right						

(You may add more copies of this page if necessary.)

Other clubs and projects

List any other clubs and projects you participated in during the past year.

Club name	Project(s)

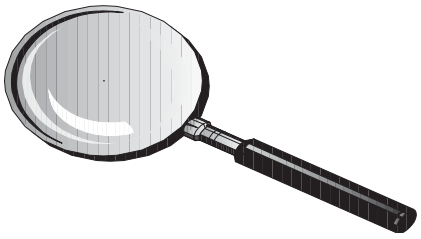


Looking Back

What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you learned during the past year. This section includes the following parts:

- My goals completed
- A summary of knowledge and skills I gained
- The three most important things I learned
- Telling my story



My goals completed

Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals? Use the space below to tell how well you did in reaching your goals. If you added new goals during the year, also include them below.

My goals for this year	**How well did each goal get met?**
Example: I will learn how to give a public presentation.	*I attended county public presentation workshop. I had to change my topic three times. I should have practiced my presentation more before I gave it at the club meeting. I will start planning and practicing earlier next year!*

Knowledge and Skills I Gained

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

I learned or improved my ability to...

HEAD (*Independence*)

- ☐ try something new
- ☐ set goals for myself
- ☐ plan a project
- ☐ keep myself organized
- ☐ keep track of finances
- ☐ keep records of my work
- ☐ gain knowledge of my project
- ☐ get more information about something I am interested in
- ☐ use resources wisely
- ☐ participate in a business meeting
- ☐ run a business meeting
- ☐ make wise choices and decisions
- ☐ solve problems
- ☐ learn from my mistakes
- ☐ understand that it's ok to change my mind if I need to
- ☐ pay attention to instructions

HEART (*Belonging*)

- ☐ speak confidently in front of a group
- ☐ give a public presentation
- ☐ share my feelings or point of view
- ☐ make myself understood without bullying or being loud
- ☐ listen to other people
- ☐ respect someone else's feelings
- ☐ resolve differences of opinion
- ☐ appreciate my cultural heritage
- ☐ accept people who are different from me
- ☐ get along with other kids
- ☐ make others feel welcome
- ☐ stand up for others
- ☐ make new friends
- ☐ appreciate the importance of friendships in my life

My grade in school:_____

Number of years in 4-H _____

HANDS (*Generosity*)

- ☐ work with others
- ☐ work within a group
- ☐ work within a committee
- ☐ work with adults
- ☐ get past differences to reach a goal
- ☐ help others succeed
- ☐ make something with my hands
- ☐ explore a career interest
- ☐ follow directions
- ☐ lead others
- ☐ find ways to make a positive contribution to society
- ☐ understand the importance of community service
- ☐ see that my efforts can make a difference
- ☐ take the initiative to start something on my own

HEALTH (*Mastery*)

- ☐ understand my strengths and weaknesses
- ☐ finish something I started
- ☐ be proud of my accomplishments
- ☐ accept change
- ☐ see that my character can effect a situation
- ☐ take responsibility for my own words and actions
- ☐ deal with winning and losing gracefully
- ☐ be careful and practice safety
- ☐ appreciate the importance of good health
- ☐ stay healthy
- ☐ feel good about myself

Other: _____

_____

_____

_____

The three most important things I learned

Even if you learned a lot of different things in 4-H, think of what was the most important for you. Then, list the three most important things you learned in this project during the past year in the boxes below. For instance, I learned how to sheer a sheep, I learned that working with senior citizens is challenging but also fun, I learned to speak in front of my club without being afraid.

The three most important things I learned in this project during the past year were...
1.
2.
3.

Telling my story

Keeping in mind the knowledge and skills you said you learned from the items you checked above, write a story that explains what you gained this past year in 4-H. Use specific examples that are unique to you whenever possible. Feel free to relate what you learned in 4-H to school, family, or other activities in your life. Use extra pages if needed. Attach photos or clippings on additional pages of this book if it helps tell your story better. Don't forget to label them with captions if you do.

4-H is proud of what 4-H members learn and sometimes likes to use excerpts (parts) of stories 4-H'ers write in 4-H publicity. If you do not want your information shared, please let us know by checking the boxes below:

- ❑ Do not use my story for any 4-H publicity.
- ❑ If you use my story, do not credit my name.


The New York Times

My 4-H Story

Project Work

To Make the Best Better

Trends

Learn buy Doing

Fun!

4-H Fair

Best Year Yet!

Helping Others

Camp

My 4-H Story

(Continue 4-H story on next page.)

(Continue 4-H story below or attach additional pages if necessary.)

Thinking Ahead



My goals for next year

Now is a good time to begin thinking about what you'd like to do or learn in 4-H next year. List some of your goals for next year and what plan you have to accomplish your goals.

My goal for next year	What I need to do to reach this goal

(Feel free to attach additional pages to this record book if needed.)

The 4-H Pledge

I PLEDGE . . .
. . . my HEAD to clearer thinking,
. . . my HEART to greater loyalty,
. . . my HANDS to larger service,
. . . and my HEALTH to better living,
for my club, my community,
my country, and my world.



4-H Motto

"To Make the Best, Better"

4-H Slogan

"Learning by Doing"

Visit the NJ 4-H web site: www.nj4h.rutgers.edu
(This publication is available for downloading)

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