				4H-689NP
For			cord Book • Novice	
FOI	use by youth in their m		rear of participation in an Animal Science p this form annually)	rojeci.
Year:	Years in 4-H:	Age:	(as of Sept. 30)	
Name:				
Address:				
Unit/County:				
Club(s):				
# of Meeting	s Held: # of Mee	etings Attended:		
		and incort or al	and a photo of voursalf and	
			ace a photo of yourself and participating in a 4-H activity.	
By signing th	is I verify the member is	enrolled and h	as completed appropriate project work.	
	-			
Ū				
	-		ord book is the work of the 4-H youth.	
	-			
Parent's Sigr	nature:			
Vira	inia Cooperative	Extension		

Virginia Cooperative Extension Virginia Tech • Virginia State University

www.ext.vt.edu \_\_\_\_



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

### **SECTION 2: Project Information**

A 4-H project is an area of interest that the member spends a significant amount of time and effort on during that year. Please list all 4-H projects in which you participated this year.

Project Year(s)	Project Enrolled
Ex: 2013-14, 2016	Breeding Heifer

ω

### **SECTION 3: 4-H Participation/Activities/Educational Events**

This section is for learning experiences in which the member has been a participant and not a teacher. Be specific! List details like location, date, etc. Examples include, but are not limited, to educational programs at club meetings, workshops/clinics, 4-H share the fun/talent shows, 4-H camps, judging contests, quiz bowls, skill-a-thons, fashion revue, demonstrations, TV or radio presentations, 4-H livestock & horse shows, photography exhibits, etc.

		Ch	eck all t	hat are a	appropi	
Year	Description	Club	Unit/County	District	State	National/ International
2015	Example: Halter Making Workshop	$\checkmark$				
2016	Example: Virginia 4-H Quiz Bowl				$\checkmark$	

4

### **SECTION 4: 4-H Awards and Recognition**

List recognitions, honors and awards received during the 4-H year. Examples include, but are not limited to, county project awards/pins, ribbons/ awards earned through participation in contests, plaques, trophies, certificates, tangible items (such as embroidered apparel or show supplies), or scholarships. Danish system ribbons (blue award, red award, white award) count, as do grand champion animals, high individuals in contests, perfect attendance for clubs, etc.

		Note your placing under the appropriate lev I = Individual Placing; T = Team Placing		cing		
Year	Name of Contest Recognition Event and Location of Event	Club	Unit/County	District	State	National/ International
2015	Example: Share the Fun — Dance Act, Sunshine Elementary School		blue			
2016	Example: Virginia Youth Poultry Convention, Hen Judging, Harrisonburg, Virginia				10I, 4T	
					1	
						Ō

СЛ

## **SECTION 5: 4-H Leadership, Citizenship, and Community Service**

- a. Leadership roles include: being a club officer, teaching others, organizing an activity, event, or meeting, selecting and preparing materials for a meeting, and scheduling presenters for a meeting. Being the chair of a committee and insuring that the committee worked to accomplish its task is leadership.
- b. Citizenship activities may include: serving on a committee, making a presentation to city or county government, 4-H Day at the State Capitol, teaching/leading the pledge at a meeting or county function, serving as a delegate to State or National 4-H Congress, Citizen Washington Focus, etc.
- c. Community service activities benefit people who are not related to you. If you receive compensation for the activity, it becomes a job, not a service activity. Examples include, but are not limited to, visits to a nursing home, trash pick-up in the community, collecting and donating items for those in need, clean-up a local park, etc.

Year	Event and Your Role	Leadership	Citizenship	Community Service
2015	Example: Dairy Club, Treasurer	$\checkmark$		
2016	Example: Great Plains Livestock Club Trash Clean-Up Participant, January 31			$\checkmark$

o

### SECTION 6: Non-4-H Activities, Leadership, Citizenship, Community Service and Awards

This section allows the member to record their participation in other youth organizations and activities. Examples include, but are not limited to, scouts, church youth group, youth sports, Student Council, FFA, etc.

Year	Event/Activity/Description	]
2016	Example: National Honor Society, Vice-President, Blacksburg, Virginia, High School	1
		1
		$\left  \right $
		{
		1
		1
		1
		┨┯
		lea
		se re
		er
		le I
		lecor
		- 10 0
		Please refer to the Record Book Guide
		Gui
		18

7

# **SECTION 7: Your 4-H Story**

In the space below write one to four paragraphs about your 4-H experiences this year. Please include:

- What was most enjoyable about this year in 4-H.
- What things did you learn?
- What skills did you gain from participation in 4-H?
- Information on who helped you with your project(s) and how they influenced your experience.

\*\*The above items are minimum standards; feel free to add additional information\*\*

SECTION 7: Your 4-H Story Photos (optional) Photos help tell about your 4-H Experiences. Add 1 page of photos related to your 4-H projects and activities this 4-H year. Please include a caption explaining the photo.

## SECTION 8: Production Records, Calculations, or Project Knowledge

### **Complete One Project Record Per Species**

### PART 1

On this page, you need to choose two supplemental assignments related to your project. Refer to the Record Book Guide for additional information. You may choose to show additional records, such as breeding, production, or carcass records. You may also choose to show calculations related to your project, such as average daily gain, breakeven cost, or feed to gain ratio. A third category would be project knowledge. You can provide an illustration, chart, or written description of a topic such as the ruminant digestive system, embryo transfer, or a biosecurity plan for your farm.

If more space is needed please use additional sheets and attach to this page.

Record/Calculation/Project Knowledge Assignment 1
Record/Calculation/Project Knowledge Assignment 2

## SECTION 8: Production Records, Calculations, or Project Knowledge

**Complete One Project Record Per Species** 

PART 2

### Please select only one species below.

Beef	Dairy Cattle	Dairy Goat	Meat Goat	Poultry	Sheep	Swine
Rabbit	Other		<u> </u>			

Number of Breeding and/or Market Animals for Selected Species:

Complete the financial summary below using the record book guide to assist in calculating each expense or income.

Income					
Income	Total Amount				
Money Received for Animals or Products Sold					
Premiums					
Scholarships					
Other Income					
Total Income					

Expenses				
Expense	Total Amount			
Cost of Animals Purchased				
Feed Cost				
Vet/Health Cost				
Other Cost				
Total Expenses				

Net Profit/Loss of Project \_\_\_\_\_

1. How did your expenses compare to what you thought they would be?

2. What will you do differently next year? \_\_\_\_\_