

All Units

2022-2023

Project:	Name:
Unit Number and/or Title:	4-H Club:
Year in this Project: (include current year)	County:
Age Group (check one):	
🗖 Junior (8-10)	
Intermediate (11-13)	
Senior (14-18)	
Birthdate: (mm/dd/yy)	
Age:	
(As of December 31, of current 4-H year)	

Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at Colorado4h.org.

I declare that the information in this book is correct, and all 4-H requirements have been completed to the best of my knowledge. (This should be signed at the end of the project.)

Member's Signature	date
Leader's Signature	date
Parent/Guardian	
Signature	date

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How I Participate in 4-H!

Categories of Participation	Total This Year	Description/Project Title
What 4-H Projects are you taking this year?		
What activities helped you learn the skills for this project? (project meetings, workshops, classes, contests, etc.)		
What Leadership Development experiences did you participate in? (club/district/state/officer, committee chair, LDC, CLC, YouthFest, State Conference, Jr./Teen leader, pledge leader, etc.)		

4-H	Date	Hours	Activity/Title	Location
Citizenship/ Community Service				
		N/A		
Demonstrations/ Presentations/ Speeches		N/A		
•		N/A		

Project Expense and Income/Value

Expenses: Juniors only, figure the cost of the specific ingredients and materials use for your final exhibit item or display board. Label the item "Exhibit" or "Board". You can add a more specific name. Intermediates/Seniors, list items purchased this year for your project, such as tools, ingredients, class fees, etc. (More pages can be added if needed.)

Item	Project Expenses
	\$
	\$
	\$
	\$
TOTALS	\$
Income or Value: Intermediates/Seniors Only 1. List practice items you made-like cakes, cookies, bags, room decorations—and estimate the value by comparing it to a similar item you could buy. 2. Record the value of your exhibit item by comparing it to a similar item you could buy. Display boards have no value. 3. Record the amount of money you received for any items you sold as Income.	Income or Value
	\$
	\$
	\$
TOTALS	\$

Return on Investment Intermediate and Senior Members

Every day we make decisions about where to spend our time and money and what activities we want to continue. Ask yourself: How did I benefit from this project? What knowledge and skills did I gain from the project? Did I enjoy it? Was it worth the expense? Could I spend money more wisely the next time? Is it worth doing again? Do I want to learn more?

1. What knowledge and skills did you learn that you can use again?

2. How could you use your new skills to save money or to make money?

3. If you made a product to sell, how would you decide a price for your product?

4-H Sportfishing Information

Fishing Trip Record Make copies as needed. Fill out one sheet for each fishing experience.

Date of f	ishing trip:						
Location	:						
Check	Pond	_ Lake_	_ Reservoir_	_ Stream_	_ River	_ Other	
	Name o	of body of	water				
Did you d	catch fish?	Yes	No				
If "No", w	vhat do you	u think the	reason was fo	or not catch	ing fish?		
lf "Ves"	nlaged fill (but the fol	lowing weathe	r informatio	n about th	veh a	

If Yes, please fill out the following weather information about the day.
Time of day
Air temperature
Water temperature
Cloud cover
Other information
about the weather

Fill out for Catch and Release Fish (for your 5 best fish):

Species:	Length (nose to tail):	Girth (around middle):

Fill out for Catch and Keep Fish (for your 5 best fish, depending on legal limits):

Species:	Approximate Weight:

Fishing Journal -- Fill this section out whether you caught fish or not:

Type of rod and reel used:

Types of rig/bait//lure used:

Technique used:

Types of structure fished:

Photographs from your 4-H Project

A minimum of four pictures with a descriptive caption for each is required. Additional photos can be added. Pictures must be project-specific.

4-H Story

Length and Format Guidelines

You can type or hand-write your story. If you hand-write the story, use pencil or ink on lined white notebook paper.

If a computer is used to write the story, use plain white paper with no smaller than 12point font.

Leave wide enough margins so the story can be read if inserted into a report cover.

Limit your story to a maximum of two (2) pages.

Story can be single or double-spaced as long as it does not exceed two pages.

Younger members may want to double-space their story so you can see what you are writing.

Be sure to use proper grammar and sentence structure.

Edit your story when finished. Check your spelling.

Have someone else read your story.

The following questions may help you in composing a story specifically related to your project:

Why did you choose this project? What goals did you set and which ones did you reach? What are your 4-H goals for next year? What would you do differently if you were to try it again? What skills have you learned in the program? Have your projects grown in size and scope? Were any adults or other 4-H members especially helpful to you? How? Has 4-H helped you become a better leader and citizen? What has being a 4-H member meant to you?