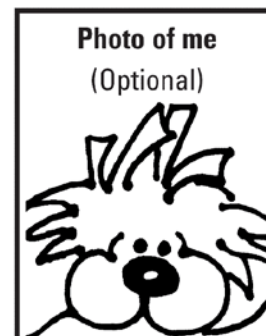




South Dakota 4-H Member's Journal

My 4-H Journal for _____
year



This 4-H Journal belongs to _____

County _____ Club _____

Age _____ Year in 4-H _____ Grade in School _____

My 4-H projects (five or less) that I choose to report this year are

Note: This 4-H Journal is for all 4-H club members and 4-H independent members to complete. I will use as many pages as needed to complete my 4-H Journal.

Beginners, ages 8-10, complete all pages, except page 8.

Juniors, ages 11-13, complete all pages and choose between page 7 or page 8.

Seniors, ages 14-19, complete all pages, except page 7.

4-H Goal Writing Worksheet

What is a goal?

- ✓ A GOAL is ... deciding what I want to do and learn in a 4-H project.
- ✓ A GOAL is ... having a road map. It helps me decide how to get where I want to go.



Goals have three parts that allow me to measure and check my progress.

1. The Action – How will I reach my goal?
2. The Result – What will I accomplish?
3. The Timetable – When am I going to do it?

This worksheet is an example of how I can record my 4-H project goals.

Project	Action	Result	Timetable
Beef	I will train	my 4-H heifer to lead	before county fair time.
Foods and Nutrition	I will make	three nutritious snacks	before the June meeting.

I will fill in the worksheet below to record my 4-H project goals.

Project	Action	Result	Timetable

My 4-H Journal

During the year, I will make brief notes about my plans and my responsibilities and accomplishments at 4-H club meetings, project meetings and activities.

Month	Club Meetings	Project Meetings or Activities*	Project Meetings or Activities*
October			
November			
December			
January			
February			
March			
April			
May			
June			
July			
August			
September			

* Note : Project Meetings or Activities are "hands-on" experiences or workshops with others to learn more about activities such as bread making, dog obedience, painting with watercolors, etc.

Committees and offices I held (4-H and others).

Names of Committees and Offices	What I did ...

What I did to promote 4-H

- ✓ For example: I promoted 4-H by inviting a friend to a club meeting, wore my 4-H T-shirt, talked about 4-H during show and tell, gave a speech about 4-H, made a display for National 4-H Week, promoted Character Counts!®, etc.

What I did to develop my communication skills.

- ✓ For example: I presented my demonstration, illustrated talk, project "why" (science "why"), public speaking, oral reports at club meetings, radio interview, etc.

Type of Communication	Title	Event or Location

My Personal Journal for _____

name of club meeting, project meeting, community service

date

4-H Beginner; age 8-10, use this page.
4-H Junior; age 11-13, use either this page or page 8.
4-H Senior; age 14-19, do not use this page.

What I did and when.

What I learned and how I am going to use it or share it with others.

Things to remember for my next club and/or project meeting or activity.

Note: I will use a new page for each club meeting, project meeting, activity participation, committee meeting, and/or community service.

My Personal Journal

4-H Beginner, age 8–10, do not use this page.
4-H Junior, age 11–13, use either this page or page 7.
4-H Senior, age 14–19, use this personal journal page.

- ✓ I will use this page to write about 4-H projects and/or activities and events as I experience them. In addition to 4-H, I will include other activities such as school, sports, church, home chores, community service activities, awards, and honors. I may add pages to my journal.
- ✓ Some ideas for my journal include the date, what I did, what I learned, major expenses, project highlights, how I will use these experiences in the future, and what my goals and plans for next time are.

Dear Journal,

I Made It!

✓ Now I will review my 4-H Journal, my projects and/or activity pages.

What problems or challenges did I have this year?

What am I good at and/or what did I learn about myself through 4-H?

Way to Go!

How did what I learned in 4-H relate to other parts of my life?



How can I apply these life skills next year or in the future?

Signed _____
4-H Club Member Date

Signed _____
4-H Parent/Guardian Date
Signature pertains to completion of this journal.

4-H Project Highlights and Memories

I will use this page for each of the 4-H projects (five or less) that I am reporting this year.

I chose this _____ project because . . .



What is important for me to remember and what I learned was . . .

My major expenses were . . .

Description of Supplies	Why Purchased	Amount

Note: I will use this page to highlight my 4-H projects and memories for this year. I will be creative using photographs, pictures, graphics, etc. I can use page 12, too.

My 4-H Animal(s) Project

I chose this _____ project because



The cost of my animal(s) was: \$ _____
 If I sold my animal(s) this year the sale price was: \$ _____
 The expenses of feeding and health care for the year were: \$ _____
 The profit or loss for the year was: \$ _____

Feeding

✓ Listed are the type(s) of feed I gave my animal(s) during this project year.

Date	Feed	Ration Changes	Reasons

Health

✓ To maintain my animal(s) health, I did the following:

Date	Description

Additional 4-H Activities

Included/attached are my 4-H awards and/or recognitions received. These may be pins and/or medals, ribbons, certificates, newspaper clippings, personal letters, photographs, etc. I will use as many pages as needed.

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