



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

California 4-H Record Book Forms

For Junior, Intermediate, and Senior Members



2018 – 2019

These are the most current forms. Please discard all previous forms.



University of California

Agriculture and Natural Resources ■ 4-H Youth Development Program

Revised July 1, 2018

Section 2: Personal Development Report

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| County: Name of 4-H Club or Unit: Program Year: Total Years in 4-H: <i>(Include years as a primary member)</i> Name: Birth Date: Age on December 31: Grade in School: <i>(of the program year listed above)</i> Address: City: State: Zip: Email: Phone: | <div style="border: 1px solid black; width: 100%; height: 100%; display: flex; align-items: center; justify-content: center;"> <p>Your picture <i>(optional)</i></p> </div> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-------------------|----------------|------------------|
| <p style="text-align: center;">Club Meetings Attended This Year</p> <p style="text-align: center;">During the current year, 80% meeting attendance is required for any achievement rank.</p> <p style="text-align: center;"><i>SPIN clubs: use project meeting attendance.</i></p> | Meetings Held | Meetings Attended | Hours Attended | Percent Attended |
| | | | | |

| | |
|-----------------------------------------------------------------------------|-------|
| I have personally prepared this report and believe it to be correct. | |
| Member's Signature: | Date: |
| I have personally reviewed this report and believe it to be correct. | |
| Parent/Guardian Signature: | Date: |
| 4-H Adult Partner's Signature: | Date: |



Star Ranking

Record what you accomplished during the year. To qualify for any of the achievement rank awards, you must attend 80 percent of both the local club and the project meetings held during the year. To obtain any of the ranks, you must complete the asterisked (*) categories as a part of your total effort.

- Bronze Star:** Complete at least 5 of the 8 categories listed.
- Silver Star:** Complete at least 6 of the 8 categories listed.
- Gold Star:** Complete at least 7 of the 8 categories listed.
- Platinum Star:** Complete at least 7 of the 8 categories listed.

Star Ranks are designed to encourage members to participate in a wide variety of activities over a number of years. The bronze, silver, gold, and platinum stars build on past achievements.

| Categories of Participation <i>Transfer credits from previous years to the column headed "Total From Past Years."</i> | Total Past Years | Total This Year | Total All Years | Number of Different Categories Required | | | |
|--------------------------------------------------------------------------------------------------------------------------|------------------|-----------------|-----------------|-----------------------------------------|----------------------|--------------------|------------------------|
| | | | | Bronze 5 Required | Silver 6 Required | Gold 7 Required | Platinum 7 Required |
| 1. Projects Completed | | | | 2* | 4* | 8* | 12* |
| 2. Project Skill Activities | | | | 4 | 8 | 15 | 20 |
| 3. Events Attended | | | | 12 | 25 | 40 | 60 |
| 4. Leadership Development | | | | 10 | 20 | 30* | 40* |
| Significant Leadership Role (requiring 20 hrs. or more of work) | | | | (0) | (0) | (2*) | (4*) |
| 5. Citizenship & Community Service | | | | 10 | 20* | 30* | 40* |
| 6. Communication Skills | | | | 12* | 24* | 36* | 48* |
| 4-H Presentations | | | | (4*) | (7*) | (10*) | (15*) |
| 7. Honors and Recognition | | | | 5 | 10 | 15 | 20 |
| 8. Healthy Lifestyle Activities | | | | 10 | 20 | 30 | 40 |

* Required for Star Rank

Numbers contained within parenthesis are included in the total category number (not an extra requirement).

Star Rank

4-H Member must be currently enrolled in the 4-H Youth Development Program.

Present Rank: None Bronze Silver Gold Platinum

Rank Applying for: None Bronze Silver Gold Platinum

Approved Not Approved

4-H Club/Unit Leader's Signature

Date



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3. 4-H Events Attended

Star Requirements: Bronze 12, Silver 25, Gold 40, Platinum 60

Total Past Years: _____ Total This Year: _____ Total All Years: _____

| Date | Hours | Level | Event Title | Location |
|----------------------|-------|-------|-------------|----------|
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| Total Number: | | | | |

Include your specific involvement (attended, competed, presented) and the level of participation:
I = Individual, **L** = Local Club/Unit/Project, **C** = County/Area/District,
M = Multi-county/Section, **S** = State, **N** = National/Multi-State, **G** = Global
You may add lines or add a page for each category, if needed.

4. Leadership Development

Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40

Total Past Years: _____ Total This Year: _____ Total All Years: _____

***Required: Leadership Development Reports completed by intermediate and senior members**

Total Past Years: ____ Total This Year: ____ Total All Years: ____

Gold = 2 Platinum = 4 Met Requirement ____YES ____NO

| Date | Hours | Level | Leadership Activity | Location |
|------|-------|-------|---------------------|----------|
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Leadership Development Outside of 4-H (*List up to two significant leadership activities*)

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Total Number:

Intermediate and senior level members must complete a Leadership Development Report for specific roles. See the LDR instructions in the Record Book Manual for more details on this requirement.



| 5. Citizenship & Community Service Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40 Total Past Years: _____ Total This Year: _____ Total All Years: _____ | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|------------------------|----------|
| Date | Hours | Level | *Citizenship Activity* | Location |
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| Citizenship/Community Service Outside of 4-H (<i>List up to two significant citizenship activities</i>) | | | | |
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| | | | | |
| Total Number: | | | | |

Include your specific involvement (attended, competed, presented) and the level of participation:
I = Individual, **L** = Local Club/Unit/Project, **C** = County/Area/District,
M = Multi-county/Section, **S** = State, **N** = National/Multi-State, **G** = Global
You may add lines or add a page for each category, if needed.

| 6. Communication Skills Star Requirements: Bronze 12, Silver 24, Gold 36, Platinum 48 Total Past Years: _____ Total This Year: _____ Total All Years: _____ | | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|--------------------------|----------|
| Date | Hours | Level | *Communication Activity* | Location |
| Required: 4-H Presentations Total Past Years: ____ Total This Year: ____ Total All Years: ____ Bronze = 4 Silver = 7 Gold = 10 Platinum = 15 Met Requirement <input type="checkbox"/> YES <input type="checkbox"/> NO | | | | |
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| Communication Development Outside of 4-H (<i>List up to two significant communication activities</i>) | | | | |
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| Total Number: | | | | |

7. Honors/Recognition

Star Requirements: Bronze 5, Silver 10, Gold 15, Platinum 20

Total Past Years: _____ Total This Year: _____ Total All Years: _____

| Date | Hours | Level | Honor or Recognition | Location |
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| Honors and Recognition Outside of 4-H (<i>List up to two significant honors</i>) | | | | |
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| Total Number: | | | | |

Include your specific involvement (attended, competed, presented) and the level of participation:
I = Individual, **L** = Local Club/Unit/Project, **C** = County/Area/District,
M = Multi-county/Section, **S** = State, **N** = National/Multi-State, **G** = Global
You may add lines or add a page for each category, if needed.

8. Healthy Lifestyle Activities

Star Requirements: Bronze 10, Silver 20, Gold 30, Platinum 40

Total Past Years: _____ Total This Year: _____ Total All Years: _____

| Date | Hours | Level | Activity or Organization | Location |
|----------------------|-------|-------|--------------------------|----------|
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| Total Number: | | | | |



Section 3:

My 4-H Story

Here's where you'll put the "My 4-H Story" you write for this year. Follow these word count minimums:

Junior (or first year member): 250 – 500 words

Intermediate: 500 – 1000 words

Senior: 1000 – 2000 words

Follow these formatting guidelines:

- Double space.
- Print single OR double sided, you choose.
- Use an easy-to-read font such as Times New Roman or Garamond.
- Keep the text size between 12 point and 14 point.

See page 17 of the Record Book Manual for more information.

This box is just a placeholder. Replace this page with your story before submitting your book.



Section 4: Annual Project Report

Submit one form per project. You may add additional pages if needed.

| | | | |
|---------|-------------------------------------|------------------|------------|
| Name | | Program Year | |
| Project | | Years in Project | |
| | Number of project meetings held | | % Attended |
| | Number of project meetings attended | | |

| LEARNING EXPERIENCES | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|--------------------------------------------------------------------------------|
| Explain what you did, what you learned, and the skills you gained in the project. <small>Include the level of participation: I = Individual, L = Local Club/Unit/Project, C = County/Area/District, M = Multi-county/Section, S = State, N = National/Multi-State, G = Global</small> | | | |
| Date | Level | Hours | What did you do? Where? What did you learn or what skill did you practice? |
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| Number | List things made, raised, grown, or improved. | List honors or awards earned. |
|--------|-----------------------------------------------|-------------------------------|
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| List citizenship activities | List leadership development activities |
|-----------------------------|----------------------------------------|
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| Expenses and Income/Value | | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|-----------------|
| <i>Summarize, totaling all expenses such as: ingredients, feed, vet supplies/visits, materials, exhibitor's fees, and all income such as: value of finished products, animals sold, exhibit premiums, etc.</i> | | | |
| Item | Number | Expense | Income or Value |
| | | \$ | \$ |
| | | \$ | \$ |
| | | \$ | \$ |
| | | \$ | \$ |
| | | \$ | \$ |
| Totals | | \$ | \$ |
| Total Profit or Loss | | \$ | |

If another member was thinking about taking this project next year, what would you tell them about what can be learned in this project?

I have personally prepared this report and believe it to be correct.

4-H Member's Signature: _____ Date: _____

I have personally reviewed this report and believe it to be correct.

4-H Adult Partner's Signature: _____ Date: _____



Your
Expression Page
goes here!

Now is the time to get creative and teach the readers something you learned in this project.

This box is just a placeholder. Replace this page with your own expression page before submitting your book.



Section 5:

Collection of 4-H Work

Here you have space to show what you've done and learned throughout the year by attaching photos, samples, and examples. Aim for no more than 11 pages, please! (See the Record Book Manual for more details about allowable pages.)

This box is just a placeholder. Replace this page with your own Collection of 4-H Work before submitting your book.



Section 6: Leadership Development Report

Part 1 (Pre)

Completed by intermediate and senior members only

| | | | | | | |
|--------------------------|--------------------------------|--------------------------|----------------|--------------------------|-------------|--|
| Name | | | | | | |
| Club | | | | Program Year | | |
| <input type="checkbox"/> | Leadership Development Project | <input type="checkbox"/> | Junior Leader | <input type="checkbox"/> | Teen Leader | |
| <input type="checkbox"/> | All Star/County Ambassador | <input type="checkbox"/> | Club Officer | <input type="checkbox"/> | Exchange | |
| <input type="checkbox"/> | State Ambassador | <input type="checkbox"/> | Camp Counselor | <input type="checkbox"/> | Other | |

Complete this page at the beginning of the program year:

| |
|--------------------------------------------------------------------------------------------|
| Briefly describe your leadership roles marked above. Why are they important to you? |
| |

| |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I. Record the goals you have for your leadership development. II. At the end of the program year, which of the 6 Cs (confidence, competence, character, caring, connection, contribution) do you plan to have developed? |
| |



Section 6: Leadership Development Report

Part 1 (Post)

Complete this page at the end of the program year.

Through your leadership activities, what spark(s) did you identify? What did you do or practice to improve your leadership skills? What did you learn about leadership?

Discuss the 6 Cs (confidence, competence, character, caring, connection, contribution) that you developed this year. Which C(s) did you develop? How do you know that you grew in that C? If you developed a C that you did not plan to, (Part 1) discuss that C as well.

Final Signature

I have personally prepared this report and believe it to be correct.

Member's Signature:

Date:



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Section 6: Leadership Development Report

Part 2 (Pre)

Complete one form, Part 2a and 2b per project or activity where you fill a significant leadership role. You must complete this form for each significant leadership credit on your PDR.

| | | | |
|------------------|--|---------------------------|--|
| Project/Activity | | Years in Project/Activity | |
| Leader | | Number of other members | |

List 1 - 3 goals, strategies and shifting gears that apply to this project or activity. This page should be completed at the beginning of the program year.

| Select Goals |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Record the goals you have for this project or activity. Think of each goal as a destination.</p> <ol style="list-style-type: none"> 1. 2. 3. |
| Pursue Strategies |
| <p>What are the steps you will take to reach your goals? Include by when, by whom, and the specific actions you will take.</p> <ol style="list-style-type: none"> 1. 2. 3. |
| Shift Gears |
| <p>What are some things that may get in the way of achieving your goals? What can you do to overcome those challenges or obstacles?</p> <ol style="list-style-type: none"> 1. 2. 3. |

| Reviewed and Discussed |
|------------------------------------------------------------------------------|
| <p>I have personally prepared this report and believe it to be correct.</p> |
| <p>4-H Member's Signature: _____ Date: _____</p> |
| <p>I have personally reviewed and discussed this report with the member.</p> |
| <p>4-H Adult Partner's Signature: _____ Date: _____</p> |



Section 6: Leadership Development Report

Part 2 (Post)

Reflect on the goals and strategies you set in Part 2a for each project or activity where you fill a significant leadership role. Talk about what you did and what you learned to reach your goals. You must complete this form as a companion to Part 2 (Pre) for each significant leadership credit on your PDR.

| Specific Goals |
|----------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> 1. 2. 3. |
| Discuss how you did or did not reach your goals for this project/ program/ experience. |
| <ol style="list-style-type: none"> 1. 2. 3. |
| What did you do to reach your goals? What strategies worked? |
| <ol style="list-style-type: none"> 1. 2. 3. |
| Give examples of when you had to shift gears toward reaching your goals. |
| <ol style="list-style-type: none"> 1. 2. 3. |

| <i>For the Adult Partner:</i> Please provide feedback and comments on the 4-H member's leadership role. |
|---------------------------------------------------------------------------------------------------------|
| |

| Reviewed and Discussed |
|-----------------------------------------------------------------------|
| I have personally prepared this report and believe it to be correct. |
| 4-H Member's Signature: _____ Date: _____ |
| I have personally reviewed and discussed this report with the member. |
| 4-H Adult Partner's Signature: _____ Date: _____ |



