

Record Book County Evaluation (Achievement) – Check List for Competition

A **4-H Record Book** is a standard record of your activities in 4-H - your projects, activities, events, skills development, and learning experiences. The 4-H Record Book helps you improve your skills in record keeping, goal management, and reflection on your achievements and growth in 4-H. You can submit your record book for evaluation at the county and state (Senior members only) levels. [CA 4-H Resource Center - Record Books \(google.com\)](#)

County Competition: Members may submit their 4-H record book for county competition. Books are evaluated on the member’s work, leadership and citizenship development, and personal growth. County level evaluation is based on the Danish system. Evaluators provide a critique and suggestions for future growth and involvement.

- **Members must preregister for the county level Record Book competition.**
- **Record Books must be submitted with the County Record Book Evaluation Check List.**
- **Record Books must be received by the deadline.**

Why you should enter:

- Receive feedback and encouragement on your 4-H experiences.
- Recognition for your outstanding work and participating in the 4-H program.

Member:	Club:
Age (as of December 31, 2025):	Years in 4-H as a non-primary member:
<input type="checkbox"/> Achievements <input type="checkbox"/> No Achievements	<input type="checkbox"/> Printed Book <input type="checkbox"/> Electronically submitted to eparadis@ucanr.edu

Record Book with Achievement Program – Members can complete the record book with achievements or without.

Record Book Order of Assembly	Completed
Formatting for printed books pg. 3-4 , 4-H record book folder (Acco fastener) or 3-ring binder (1” or less).	
Preliminary Information pg. 7 <ul style="list-style-type: none"> • Title Page (Limited to one page) • Table of Contents (Include section titles and page numbers) 	
Achievement Report – Does not need to be included for competition. <ul style="list-style-type: none"> • Current Achievement Rank Forms (currently working on) Spark Achievement, Emerald Stars, Impact Stars. 	
4-H Story pg. 8 <ul style="list-style-type: none"> • Follow the minimum word count and formatting guidelines. • Reflect on your 4-H experiences that focuses on the current 4-H year. Learning experiences, leadership experiences and working with other members, citizenship/community service, overall growth and share parks inside and outside of 4-H. 	

<p>Annual Project Reports (APR) and Expression Page pg. 9-10</p> <ul style="list-style-type: none"> • Complete an APR for every project you have completed. A minimum of six (6) hours of project instruction or more, as required by the project leader. • Complete the required information. Date, time, level, and location. • Show a variety of project experiences. Describes activities and experiences, what skills were learned, and financial records. • Include one expression page for each APR completed. The expression page teaches the reader something that you learned that was interesting to you or how you built your spark(s) through this project. 	
<p>Leadership Report to APR pg. 10</p> <ul style="list-style-type: none"> • Include all leadership roles. • Describe your leadership roles, areas of development, goals, strategies, and reflection of your leadership growth and experiences. 	
<p>Annual Activity Summary (Optional) pg. 10</p>	
<p>Resume (Senior members 14-18) pg. 11</p> <ul style="list-style-type: none"> • Should have a professional and creative design that shows your strengths, skills, talents, and creativity. • Include a personal development statement. • Describe skills gained through leadership and citizenship/community service experiences. 	