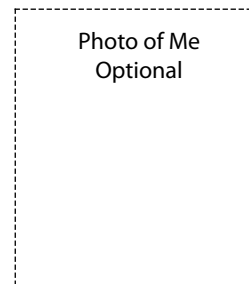




# South Dakota 4-H Member's Journal



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:

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**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.

# Introduction

## Here is what my 4-H Journal can do for me!!

Keeping my 4-H Journal will help me remember the fun I had. It will also help me learn the following life skills:

1. Set my goals and plan how to reach them.
  - ✓ Keeping my journal develops my life skills by helping me organize information, record activities, and set goals.
2. Organize my time.
  - ✓ Keeping my journal also teaches me about deadlines.
3. Keep track of my money.
  - ✓ Organizing information helps me decide how to use money.
4. Record activities and events.
  - ✓ This is my journal, so I will make it fun, make it creative, and make it memorable. I will design my own way to keep my journal by using a computer, a notebook, a calendar, photographs, etc.
5. Helps me prepare my résumé.

This is how I will use my 4-H Journal.



# 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<sup>SM</sup>, 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

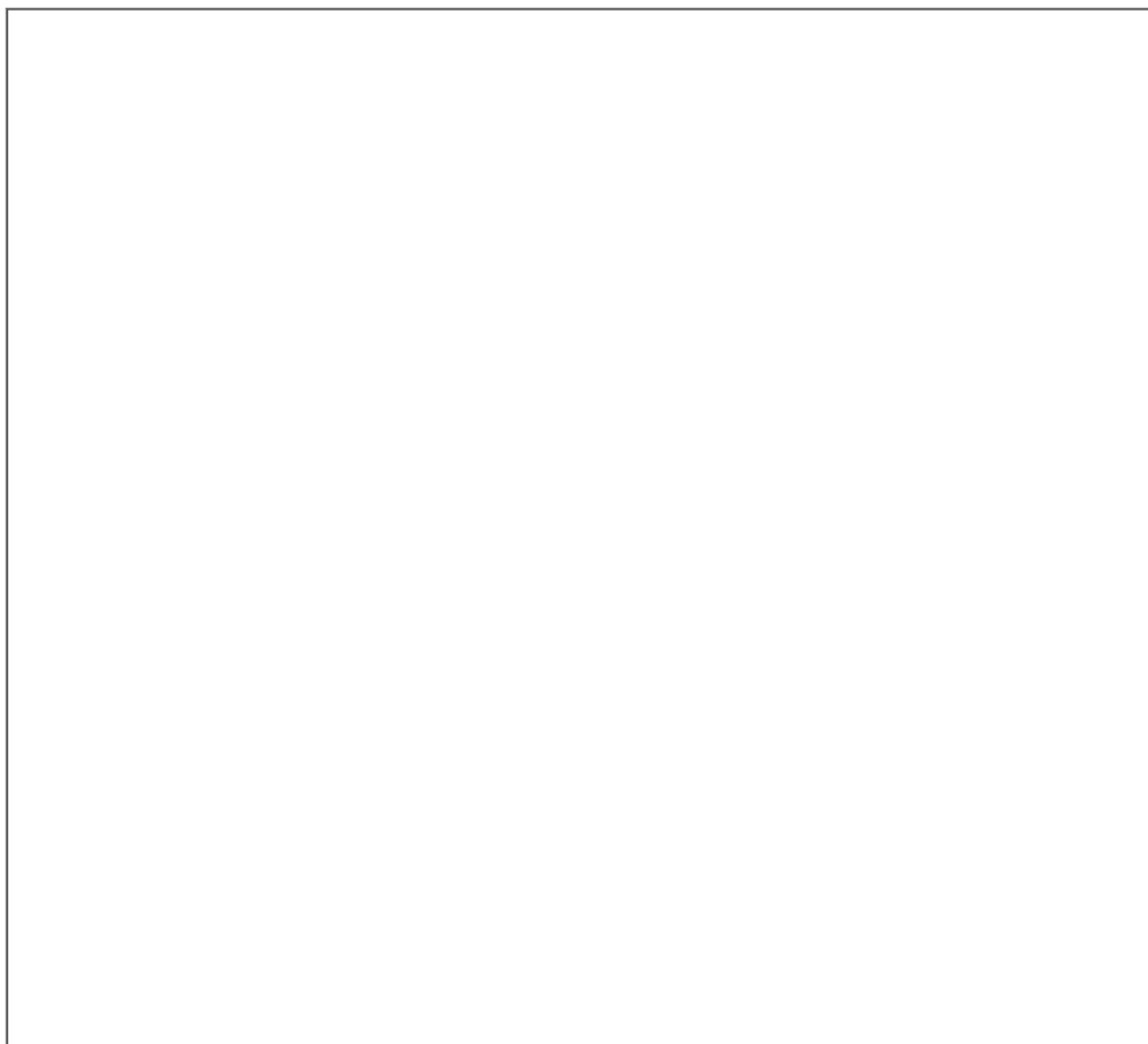
4-H Beginner, age 8–10, do not use this page.

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?**

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

Way to Go!



**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 ...

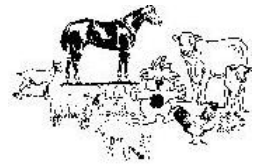
My major expenses were ...

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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