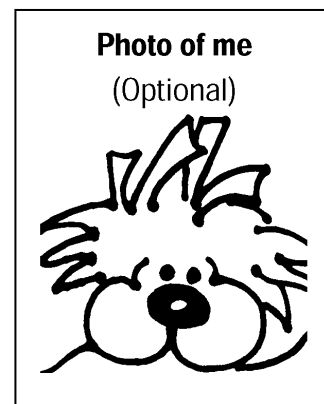




# South Dakota 4-H Member's Journal

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.**

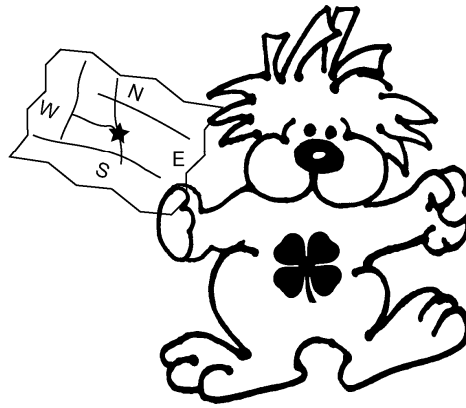
**Seniors, ages 14-19, complete all pages, except page 7.**



# 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.

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?**

---

---

---

---

---

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 . . .

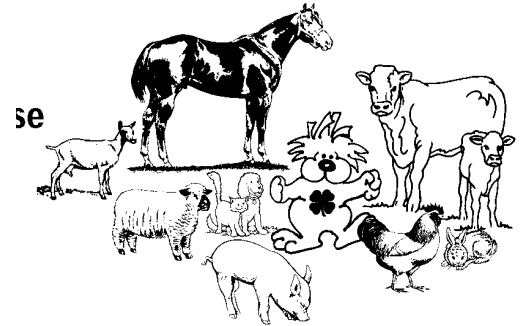
My major expenses were . . .

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.

© Copyright 2002 by South Dakota State University, Brookings, South Dakota.

All rights reserved, including the right to reproduce any part of this publication in any form, except brief quotations, without written permission of the publisher.

Developed by State Youth Development / 4-H Specialists Carolyn Clague, Ed.D.; Marilyn Rasmussen, Ph.D.; Kathy Reeves; L. J. Osborne, Ph.D.;

Mary Ellen Aamot, Ed.D.; and Karla Trautman, Interim Program Leader, Family and Youth / 4-H for the South Dakota 4-H Educational Program conducted by the South Dakota Cooperative Extension Service, South Dakota State University.



Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the USDA. Larry Tidemann, Director of Extension, Associate Dean, College of Agriculture & Biological Sciences, South Dakota State University, Brookings. Educational programs and materials offered without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status.

??? printed at \$???? each. 4-H 200-02. February 2002.