



CONNECTICUT 4-H RECORD KEEPING

ALTERNATE ACTIVITY RECORD

An Activity Record is a “snapshot or summary” of your entire 4-H year. List your 4-H activities for this year only. Record your activities at the time you do them. Keep this 4-H Activity Record with your project records. Use only one Activity Record for each 4-H program year even though you may be in more than one club and have more than one project.

Name _____ Age as of January 1st _____

Years in 4-H (Counting this year) _____ 4-H Program Year _____

Independent member _____		
	# Meetings Held	# Attended
Club#1 Business meetings _____	_____	_____
Club#2 Business meetings _____	_____	_____
Project#1 meetings _____	_____	_____
Project#2 meetings _____	_____	_____
Project#3 meetings _____	_____	_____

GENERAL 4-H GOALS In addition to project goals, 4-Hers, to be members in good standing, should have a goal related to their general 4-H involvement. DO NOT choose a goal related to your specific project. Check one of the goals listed below or choose your own and explain how you are going to achieve it.

- My general goal for 4-H this year is (check one)
- Public speaking Leadership Community Service
 Club participation Fair participation 4-H promotion
 Teen leadership Other _____

This year, I am going to meet this goal by:

PUBLIC SPEAKING List this year's 4-H demonstrations, speeches, power points, illustrated talks, radio and/or television appearances. Only list presentations conducted during this 4-H year.

Date	Title Of Your Presentation	Where Did You Do Presentation

*4-H sponsored events

4-H Club-4-HCL; 4-H County-4-HC; 4-H State-4-HS; 4-H Multi-state-4-HM; 4-H National-4-HN

* non 4-H sponsored events

non4-H Local- L; non4-H County-C; non4-H State-S; non4-H Multi-state-M; non4-H National-N

LEADERSHIP Please check all that apply. This year I was a leader in the following ways:

Club officer President Vice President Treasurer Secretary
 Reporter Photographer Assistant officer- what office? _____

Did you have *other* leadership experiences in 4-H this year?

Helper- for what	
Committees- which one(s)?	
Other	

4-H COMMUNITY SERVICE I did the following to help my community.

Date	Activity	# Of Hours Spent (Include Preparation Time)	Level*

*Individual-L; Club-CL; County-C; State-S; Multi-state-M; National-N

GENERAL 4-H PARTICIPATION and PROMOTION in any other club, county, regional, state or national activities. *List your PROJECT related activities in your Project Record.* Use this chart to list other activities not already listed elsewhere on this Activity Record or in your Project Record. Don't forget activities such as judging activities, clinics, exhibits, workshops, tours, conferences, camp, 4-H fundraising, shows, exhibiting/volunteering at the 4-H Fair or participating at Eastern States, and attending conferences such as Citizenship Day, Washington Focus, or Teen Connection.

Date	Activity	Describe Your Participation (leadership position or participant, if leadership be specific)	Level*

* Individual-L; Club-CL; County-C; State-S; Multi-state-M; National-N

COMPETITION and RECOGNITION List special club, county, state or national awards received during the current 4-H year. Also list your participation at any shows or fairs attended with your project(s) during the year. Complete this section throughout the year. Include awards received for your 4-H project at non-4-H events and 4-H events. Copy & attach extra pages if necessary.

Date	Name of Event	Name of Class	Award/Placings	Level*

*4-H sponsored events
4-H Club-4-HCL; 4-H County-4-HC; 4-H State-4-HS; 4-H Multi-state-4-HM; 4-H National-4-HN

* non 4-H sponsored events *non4-H Local- L; non4-H County-C; non4-H State-S; non4-H Multi-state-M; non4-H National-N*

4-H STORY Write a story telling what 4-H has meant to you this year. Include some of the things you have learned and some of the things that have been the most fun. Tell how you have helped others by being a 4-H member. Share how you have used things learned in 4-H in school or non 4-H activities. What has your 4-H project taught you? If you are typing- use Times Roman font 12

__This Activity Record and these Project Sheets were written by the member and are believed to be accurate.

__This Activity Record and these Project Sheets were dictated by the member and are believed to be accurate.

Date Member Date Parent/Guardian

Date Leader

Attach one or two selected photographs or news articles (optional)

Equal opportunity employer program provider