



My Intermediate 4-H Level Book

(ages 11-13 as of
September 1st)

Name: _____ Date: _____

County: _____ 4-H Age: _____ Years in 4-H: _____

4-H Club: _____ Club Leader: _____

Project(s) Completed: _____

Parent/Guardian Name (Print): _____

I personally prepared this Record Book and it is a true report of my 4-H Project.

4-H Member Signature: _____ Date: _____

Record Book Approvals

Parent/Guardian Signature: _____ Date: _____

4-H Leader Signature: _____ Date: _____

Instructions

- Complete a Project Book for each project you complete and submit the report with all of the attachments listed in Section 3 of this form.
- Complete Section 1 **AT THE START OF YOUR PROJECT.**
- Sections 2 & 3 should be completed as you work on your project.
- Your 4-H Record Book consists of your Level Book and Attachments plus your Project Book(s). Standards of Excellence, Club Books (officer books) should be turned in separately.
- All contents must be bound in a folder or binder (3-Ring Binders, 3-Prong Folders, etc...). Loose pages will not be judged.

Please take special considerations when judging this youth's record book:

Parent/Guardian/Club Leader Signature: _____

Reason (Or Contact the 4-H Office via phone or email): _____



Section 1: 4-H Year Plans and Goals

This is what I want to learn (goals) this year:

Member Signature: _____ Date: _____

This is what my leader agreed to help me do:

Leader Signature: _____ Date: _____

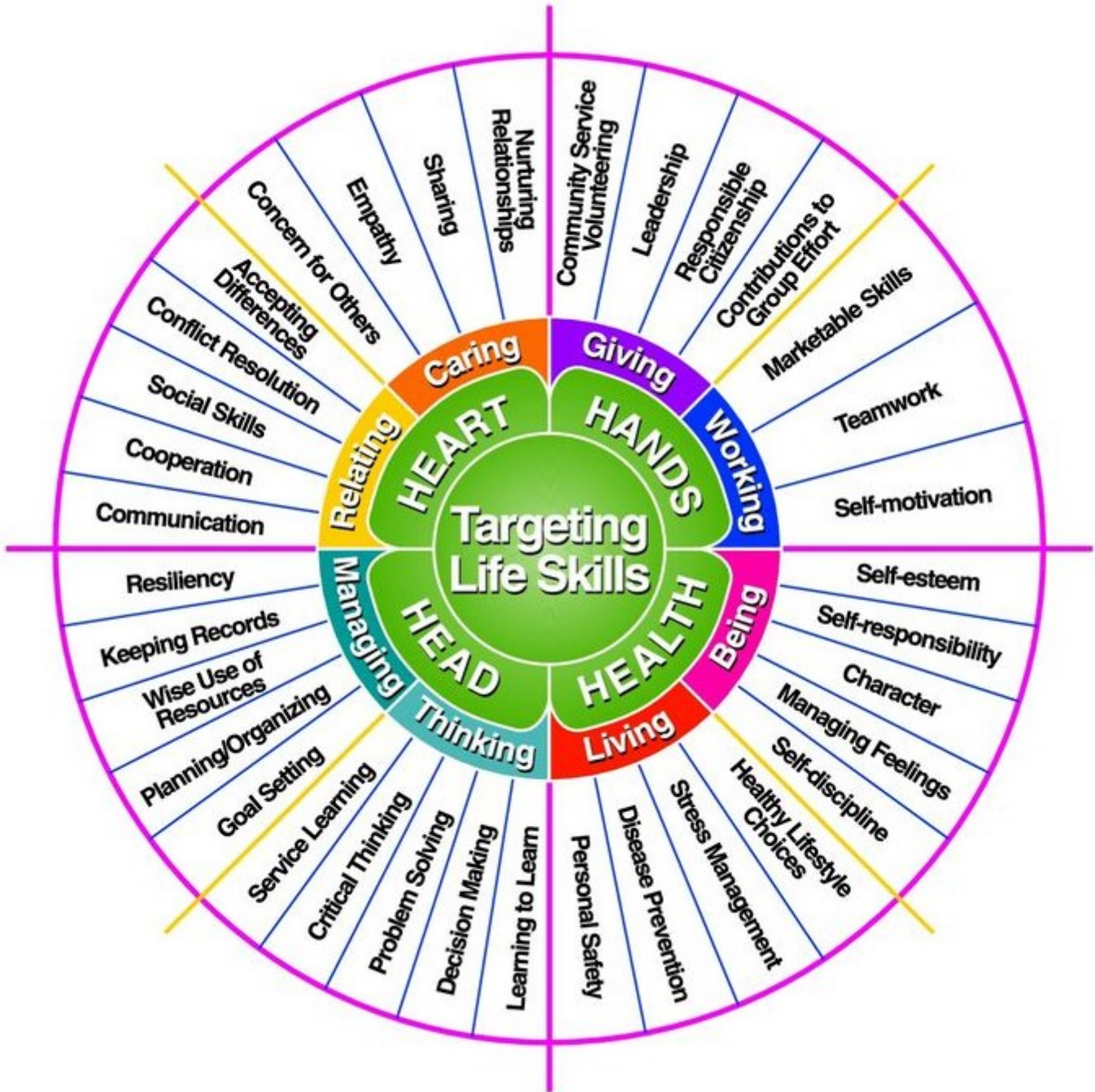
This is what my parent(s)/guardian(s) agreed to help me do:

Parent/Guardian Signature: _____ Date: _____



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4-H Life Skills





Section 1: 4-H Life Skills

Instructions

This page is to be completed at the beginning of the 4-H year. Using the 4-H Life Skills Wheel, choose three (3) Life Skills that you think your 4-H Project (s) will help you learn or practice throughout the year.

Life Skill #1:

How will your 4-H Project help you practice this Life Skill?

Life Skill #2:

How will your 4-H Project help you practice this Life Skill?



Section 2: 4-H Year Highlights

Date:	Major activities I did this 4-H year	How much time you spent:



Section 2: 4-H Year Highlights continued

What I learned:

What problems I had and how I handled them:

What were my successes during this 4-H year:

What my adult leader/parent helped me do this year:



Section 2: 4-H Year Highlights continued

What I will do different next time:

What do I want to do next year:

My leadership activities this year:

My citizenship activities helping others in my community this 4-H year:

My Awards and Recognitions I received this 4-H year:



Section 3: 4-H Year Attachments

Photos: Attach photos (or you may provide drawings) throughout this 4-H year demonstrating what you have completed/accomplished including before, during, and after shots. Don't forget to include your citizenship activities too. Attach no more than three (3) pages (8 1/2" x 11", one side only) of pictures to this report. Be sure to include a sentence about what you are doing in each picture.

4-H Story: Create a story of some of your experiences. Looking back over your past year in 4-H, think about things you've learned and include how you might apply what you've learned to your life in the future. How did you practice the life skills identified in Section 1?

The story should be no more than 2 pages, neatly written or typed (8 1/2" x 11", one side only) in 12 point double spaced font.

Project Book or Worksheets: Attach your project book or worksheets you have completed as evidence of your project accomplishments.