



Personal Information Page 2024-2025

Name _____ County _____ District _____

Age _____

Division _____ Category _____

Number of years in
4-H _____ Number of years in Main Project _____

(excluding Clover Kid years)

Address _____ Home Phone _____

City, State, _____

Zip _____ Mobile Phone _____

Email _____

Date of Birth _____ School Grade _____

Place of Residence

_____ Farm/Ranch

_____ Rural area or Town less than 10,000

_____ Town or City of 10,000 to 50,000

_____ Suburb or City of more than 50,000

_____ Central city of more than 50,000

Name of your 4-H Club or Group _____

I certify that the information provided in this record book is an accurate reflection of the project work completed by the above named 4-H member.

4-H Member

Signature _____ Date _____

Parent Signature _____ Date _____



4-H Story & Photo Portfolio

The 4-H Story/Photo Portfolio should not just be a repetition of what is in the Report Forms

This should be the first section of your Texas 4-H Record Book following your Personal Information Sheet.

You can create your 4-H Story using a word processor software and does not need to have the heading above. This is just a reminder, place holder page.

See the Family Guide for instructions on page and photo limitations for this section.

DO NOT INCLUDE THIS PAGE IN YOUR RECORD BOOK. THIS IS A PLACE HOLDER FOR THE 4-H STORY & PHOTO PORTFOLIO



My 4-H {project name} Story

1. Introduction: Who Am I?

- What is your name, age, and where do you live?
- Who are your family members, and how have they influenced you?
- How did you first learn about 4-H?
- When and why did you join 4-H?
- What were your initial expectations or goals?

o Be sure to begin with an attention-grabbing sentence. Ex. "What would you do if your dad had 100 acres of tomatoes that he couldn't sell, and were just sitting in the field, ripening in the hot, Texas sun? I know! Let's preserve them!"

It is always helpful to include a description of the picture

2. My Main 4-H Project

- What is the focus of your record book submission? (e.g., livestock, photography, food preservation)
- What motivated you to choose this project?
- What did you know about this subject before joining 4-H?
- How has your project grown or changed over time?
- What successes or challenges have you faced?
- Did you try any new techniques, skills, or strategies?

3. Other 4-H Projects and Activities

- Have you participated in other 4-H projects besides your main one?
- What special events, competitions, or workshops have you attended?
- Have you had any unique experiences or funny/unexpected moments?
- What skills or knowledge have you gained from these additional activities?

4. Leadership and Citizenship Growth

- How has 4-H helped you develop leadership skills?
- Have you served as an officer, led a project, or mentored younger members?
- How have you participated in community service or outreach efforts?
- What have you learned from working in teams or organizing events?
- How has 4-H influenced your ability to communicate and work with others?



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5. Personal Growth and Impact on My Life

- How has being in 4-H influenced your confidence and self-esteem?
- Has 4-H changed how you approach school, hobbies, or career aspirations?
- Have you made any significant friendships or connections through 4-H?
- How has 4-H shaped your personal values, work ethic, or problem-solving skills?
- What lessons have you learned that you will carry into your future?

6. Future Plans and Final Reflections

- How do you see yourself continuing in 4-H in the future?
- What goals do you have for your next 4-H year?
- Has 4-H influenced your career or education plans?
- What advice would you give to a new 4-H member?
- What is your favorite memory from your time in 4-H?

Final Tips:

- **Make it personal:** Include emotions, specific details, and real experiences
- **Show, don't just tell:** Instead of saying "I learned leadership," describe a moment where you led a team or solved a problem.
- **Read it aloud:** This helps catch awkward phrasing and improves flow.
- **Remember:** You have up to 10 pages to tell this story. Include pictures that help tell this story!

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Texas 4-H Record Book Report Form

4-H Project Summary and Learning Experiences – What is your project? How did your project change or grow? What have you done and what have you learned? You can include learning experiences gained in other youth/community organizations but applicable to the 4-H project. Individually-directed project learning experiences are also acceptable. **Include up to 4 projects, current year and up to three preceding 4-H years (up to two preceding years for Juniors). Maximum page limits: Junior - 3 pages; Intermediate – 3 pages; Senior – 4 pages.**

PROJECT 1: (YEARS OF PARTICIPATION)

[EXAMPLE: CONSUMER EDUCATION, 2020-2025)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)
COMPETITIONS ENTERED: Through this project, I participated in numerous competitions. District CDM, Texas 4-H Roundup, National CDM	2020-2025	C, D, S, N

- o **Skills/Knowledge Gained: EXAMPLE:** I learned how to format and speak reasons. I learned problem solving and budgeting. Both skills will help me as I become an adult. Through this project, I gained confidence to speak in front of people. I learned how to be organized and to make sure that I completely read instructions.

PROJECT 2: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

- o **Skills/Knowledge Gained:**



PROJECT 3: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:

PROJECT 4: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:



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List what you did to assist others throughout this 4-H year. Also include general leadership such as Club Officer, 4-H County Council, or County Committees. Include elected/appointed, volunteer, and promotion leadership. Leadership Role: E-elected, A-appointed, V-volunteer, P-promotional. Level: Cl-club, Co-county, D-district, S-state, N-national, I-international. **Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding 4-H years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.**

	Year	Leadership Activity	Role (E, A, V, P)	Level (Cl, Co, D, S, N, I)	Responsibilities / Duties / Accomplishments
1	2025	Texas Youth Livestock Ambassador	A	S	Through this group, I assist in learning about agriculture through many lenses. I also work with various groups to ensure that they have a firm grasp of where their food and fiber come from. Skills gained: Leadership, communication, teamwork, organization, time management
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TEXAS 4-H RECORD BOOK

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List community service or service learning projects that might include: clean ups, collections, repairs, construction, care packets, visitations, education, donations, presentations, etc. Your Role: Y-Yourself, M-Member of a Group, P-Primary Leadership. **Include current year and up to 3 preceding 4-H years of activities (up to 2 years preceding 4-H years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.**

	Year	Your Role (Y, M, or P)	Service Activity	Importance and Impact
1	2025	M	Souper Bowl of Caring Roundup	My 4-H club worked with local businesses to collect canned goods for our local food pantry. Total Impact: 450 lbs. food collected, approx. 3200 people served
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2024-2025
Texas 4-H Record Book Report Form

List any 4-H project(s) not listed in Section I, include number of years and summarize participation. **Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding 4-H years for Juniors), and any number of projects. Limit to 1 page (Juniors) Limit to 2 pages (Intermediates & Senior).**

PROJECT 5: (YEARS OF PARTICIPATION)

PROJECT EXPERIENCES/DESCRIPTION	YEAR OF PARTICIPATION	LEVEL OF PARTICIPATION (L, C, D, S, N, I)

o Skills/Knowledge Gained:



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List 4-H recognition and awards. Level CI-Club, Co-County, D-District, S-State, N-National, I-International. **Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 2 pages; Senior – 25 entries and 3 pages.**

	Year	Level (CI, Co, D, S, N, I)	Recognition	Importance to You
1	2025	C	Grand Champion Canned Good at the County Youth Fair	I set out this year to make an impact with my vegetable garden. Winning this award meant that the fruits of that labor were rewarded and recognized by someone else.
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TEXAS 4-H RECORD BOOK

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TEXAS 4-H RECORD BOOK

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List leadership, community service, awards, and recognition from other activities such as school, church, and other community organizations. **Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Limit to 1 page.**

Leadership Type	Responsibilities / Duties / Accomplishments	People Reached/Hours Spent	Level (L,C,D, S, N, I)

Community Service Type	People Reached/Hours Spent	Level (L,C,D, S, N, I)

Award Type	Placing	Level (L,C,D, S, N, I)



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Please answer the following question before completing the required portion of the table.

As of today, what career would you choose? _____

List activities that have helped you learn more about careers or the necessary education to enter a career. Examples of activities include: interviews, tours, job shadowing, research, mentoring, work experience, skill development, course work, etc. **Include current year and up to 3 preceding 4-H years of activities (up to 2 preceding years for Juniors). Entry and page limits: Junior – 10 entries and 1 page; Intermediate – 15 entries and 1 page; Senior – 15 entries and 2 pages.**

	Year	Activity Title	What did you learn or do?
1	2025	Visit with County Extension Agent to conduct soil sample	Before I could plant my garden, I needed to make sure that my soil was ready for the seeds. I visited with our local CEA to learn about conducting and sending off a soil sample.
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REMOVE THESE PAGES BEFORE SUBMITTING:

1. Remember that all text in Red should be deleted and filled in with your information.
2. Please refer to the top of each section (highlighted yellow) for specific length maximums.
3. Remember that this should be a compilation of your years in 4-H. Combine things as appropriate.
4. Below are more specific examples of things that can be used.

PROJECT EXPERIENCES EXAMPLES

<i>(General to all projects):</i> • Trainings/Workshops • Classes • Tours • Demonstrations/Educational Presentations • Leadership • Taught/Served • Competitions Entered • Tours-Places Visited <i>Description</i> • Demonstrations/Educational Presentations • Project Meetings • Hours Spent • People Reached • Research Hours Spent or Group/Independent Study Hours • Awards	<i>Learning Experiences</i> • Knowledge Gained • Research • This can also be other “soft” skills like responsibility, decision making, selfconfidence, work ethic, critical thinking, etc.	
<u>Public Speaking/Leadership:</u> <i>Make sure you emphasize Learning in these projects! Not just holding an office!</i> • Presentations/Reports given at meetings • Offices Held • Presentations to Non-Profit Organizations • Presentations to Non-4-H • Pledges Led, • Workshops Led • Group Leader • Master/Mistress of Ceremonies or Script • 4-H Promotional Presentations • News Articles written • Committees/Boards Served	<u>Food and Nutrition:</u> • Meals/Dishes Prepared • Tables Set • Money Saved by cooking at home • Coupons used/saved • Prize Money Earned from County Fair • Scenarios Written • Reasons Given • Hours Spent Studying <u>Consumer:</u> • Budgets Made • Classes Created • Hours studying • Kahoot It! Quizzes Completed • Reasons Given <u>Photography:</u>	<u>Veterinary:</u> • Animals Treated • Vaccinations Completed • Animals Cleaned • Hours at Vet Volunteering <u>Plants and Animals Open:</u> • Animals Vaccinated • Animals Groomed • Hours at Vet Volunteering • Pets Adopted • Pets sold • Hours spent cleaning animal’s homes <u>Range Management/Plant & Soil Science:</u> • Soils/Plants Gathered • Plants Studied • # Soils Tests



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• Served in leadership role at an event <u>Animals:</u> • Animals Purchased • Animal Feed/Medicine-Vet Expenses • Sale Income • Profit/Loss • Number Sold • Shows Entered • Equipment Expenses <u>Horse:</u> • Horses Trained • Younger members who have been trained by you • Horses bought/sold • Look at Animals <u>Fashion and Interior Design:</u> • Garments/Textiles Sewn • Dollars Saved by sewing • Patterns Bought • Material Bought- (yards) • Prize Money Earned from County Fair • Items Designed and completed	• Picture Development Expense • Pictures Taken • Photos entered • Prize Money Earned from County Fair <u>Shooting Sports:</u> • Guns Bought • Practice Meets • Ammo Purchased-\$ <u>Recreation:</u> • Games lead • Recreation Planned • Icebreakers Led • Workshop recreation given/lead <u>Gardening/Horticulture:</u> • Gardens planted • Plants planted • Plants Bought # and \$ • Gardening Equipment and other Expenses	<u>Conservation and Natural Resources/Aquatic Science:</u> • Fish Caught • Fish cleaned and ate/cooked • Hatcheries visited • Boats Repaired • Lifeguard Training • # of times gone fishing • Camps attended- Water Cam <u>Theater and Performing Arts:</u> • Plays • Lines learned • Acts completed • Performances • Camps <u>Health and Personal Safety:</u> • Healthy presentations given • Healthy Lifestyles Practices/Contests • Healthy Lifestyles Ambassador • Tours • Camps
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LEADERSHIP EXAMPLES:

Section II should not include Any leadership opportunities that occurred while performing community service. Providing primary leadership to a community service effort should be reported in Section III.

Promotion Leadership: *How have you told someone about 4-H?*

- Newspaper Articles
- Wear 4-H Shirt
- School Announcements
- National Volunteer Week
- Commissioners Court
- Told a friend about 4-H
- Got a friend to join 4-H
- Taught a friend something you learned about in 4-H
- Booth at Open House/Meet the Teacher Night
- Picture in National 4-H Calendar
- Exhibit at Mall of 4-H Photography
- Sold 4-H raffle tickets

Volunteer Leadership: *How and what did you do to lead or teach others in 4-H?*

- FUNDRAISERS GO HERE!
- Lead officer installation at 4-H Club
- Helped setup and clean up at 4-H events
- Helped 4-H members with 4-H projects
- Script part at 4-H contests
- Taught a friend something you learned about in 4-H
- Group leader for Safety Day/Ag Days
- Helped with Photo Exhibit at Mall and Library
- Helped make judges gifts
- Helped conduct session at project workshop

Elected Appointed: *What did you do to improve 4-H?*

- (Add how many in club, what do you do in the office-duties)- Include number of club members in roles and responsibilities!!!!
- Club, County, District, State Officer Positions
- Led Pledges at meeting
- Gave report at meeting
- Committees
- Brought refreshments at meeting
- Took pictures for event



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- Handed out programs at county or district contest

COMMUNITY SERVICE EXAMPLES

What did you do to help other people because of 4-H?

No fundraisers allowed in this section! The service activity must not involve raising money for your club or providing any benefit to your club. However, if you organized a fundraiser to help someone in need, that may be considered a service activity.

Y: Completed Community Service by yourself

- Donated clothes to good will, etc.
- Made a dish for potluck at church
- Donated coke tabs to Ronald McDonald House by yourself
- Helped elderly with something at house--- without taking money!!!

M: Completed Community Service with a member of a group- club, county council

- Anything your club or county council does as a group community service project.
- Gathering supplies for disaster relief
- Coat Drive for County Council
- Dry Milk for Helping Hands
- Coke tabs to Ronald McDonald House
- Highway Clean up

P: Lead and implemented community service project

- Led Blankets of Love project for club and coordinated with club manager on how to get the project going and finished.
- (SENIORS!!!!- YOU NEED AT LEAST 1-3 P's in your book!!!)
- ***ALL P's need to have one of these words to show you actually had leadership.***
- *Coordinated*
- *Led*
- *Organized*
- *Planned*
- *Created*

NOTE: You can be part of an officer team who leads the project and still count it as a P

OTHER PROJECTS:

List any 4-H Projects not listed in Section I. Include number of years and summarize participation. Remember you can add projects you just dabbled in. For instance, you went to a workshop on a project during the summer, you can make that a project as long as you have 6 learning experiences. Remember leadership, public speaking, and citizenship and civic education (community service) are projects and can be added to this section. You generally have this project throughout your other projects.

Make sure that you use Projects on the Project List!

- This page could be just one project or several projects.
- Can be in paragraph form (not optimal)
- Include project name
- Divide years within project

Tip: Use the Section I Project lists and ideas for this section as well.



RECOGNITION & AWARDS

Highlight 4-H Recognition and/or Awards

Section Must Include:

- Activity Date
- Level of Award
- Award
- Importance to You

Include:

- County and Club Awards
- District Awards
- County Youth Fair Awards- only high ones
- Placing at contests- only high ones
- This does not include FFA livestock shows
- **Show how it is important (1st out of 45 entries)**

NON-4-H ACTIVITIES

Leadership, community service, awards, and recognition from other activities such as school, church, and other community organizations.

Leadership Examples:

- County Youth Board
- VBS teacher
- Chamber of Commerce
- Captain of Sports Team
- TAFE
- FFA Officer
- Read Scriptures at church
- Help with Technical stuff at church
- Student Council

Community Service Examples:

- Volunteer at Vet
- Volunteer at Good Will, Food Pantry, etc.
- Can Food Drives
- Donated clothes to good will, etc.
- Helped neighbors
- Mow yards for no cost
- Volunteer at Youth Center

Awards/Recognition Examples:

- FFA Shows
- Honor Roll
- UIL
- Athletics
- TAKS Award

COLLEGE & CAREER EXPLORATION

Section Must Include:

- Activity Date
- Activity Title
- What did you learn or do?
- Hours

Items that could go here:

- Tour of College
- Research of Career
- Research of Colleges
- Scholarship Interviews
- Interviews you have given to people in your career to be pursued
- Job Shadowing
- Work experience- more to your career
- Even include opportunities that somewhat relate to your career- Ex. You would like to be a chef....you might attend the Taste of Home Cooking School or attend a Cooking Demonstration
- Course Work



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REFERENCES:

2022-2023 Record book tip, Micah Holcombe, Milam County

https://texas4-h.tamu.edu/wp-content/uploads/record_book_2024_2025_family_guide.pdf

https://texas4-h.tamu.edu/wp-content/uploads/record_book_story_ideas.pdf

Beginner's Guide To Texas 4-H Record Books, *Developed by Dr. Tamra McGaughy, Grayson County*