

# Prince William 4-H



## Record Book

(Ages 13 -18)

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name of 4-H Club: \_\_\_\_\_

Name of 4-H Project: \_\_\_\_\_ Years in Project: \_\_\_\_\_

Years in 4-H: \_\_\_\_\_

**I have personally prepared this report and believe it to be correct:**

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**We have reviewed this report and believe it to be correct:**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Leader Signature: \_\_\_\_\_ Date: \_\_\_\_\_



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## Section 1

- 1. Objectives/Goals-** What are your goals in 4-H this year? Share things you want to do or achieve. *Hint: think of your projects and what you hope to learn or accomplish.* This section should be filled out at the beginning of the 4-H year.

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- 2. Did you achieve your goals? How?** Reflect on the past year and how you did with your goals. This section should be filled out at the end of the 4-H year.

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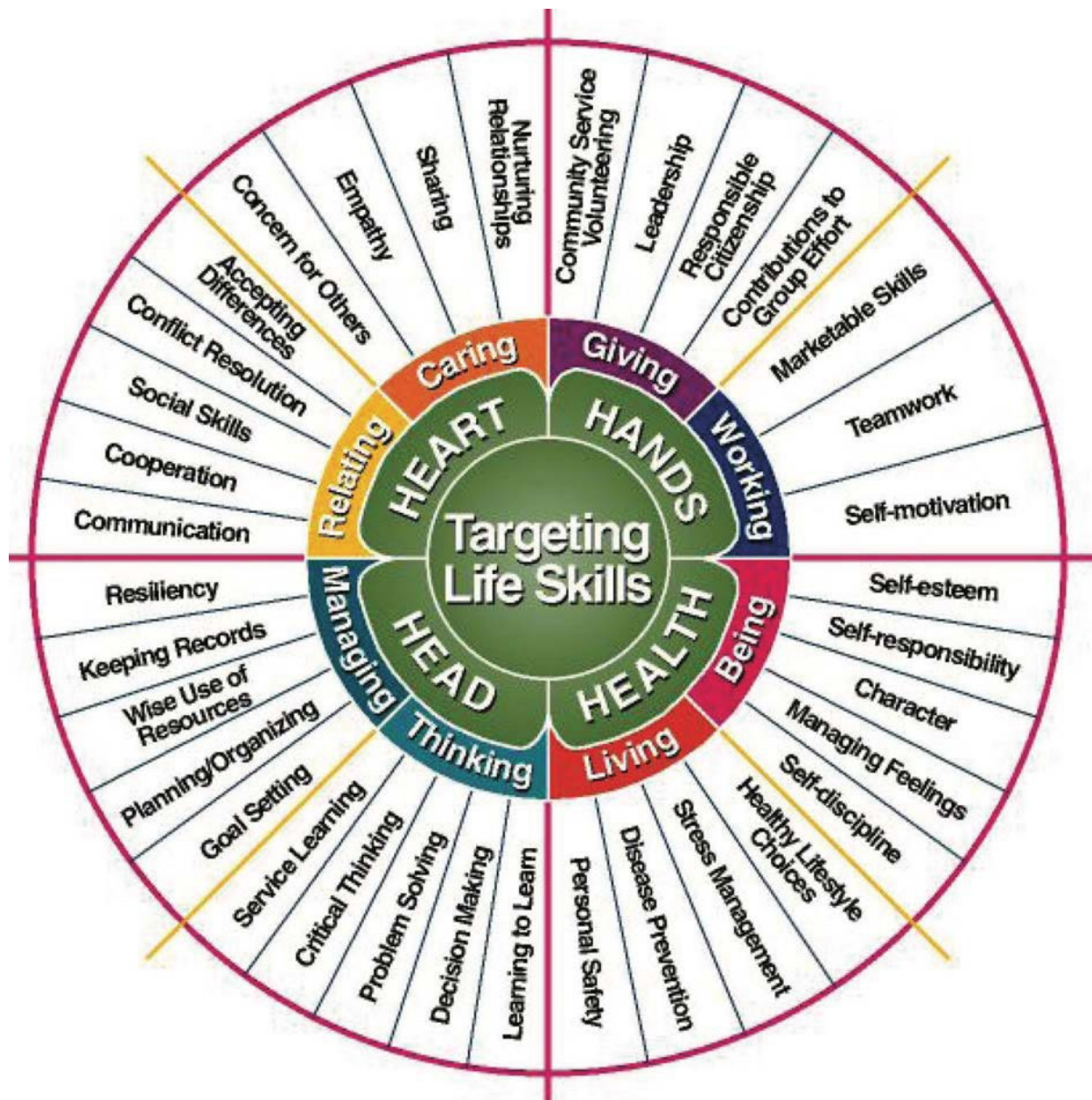
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- 3. List your activities and efforts towards your project goals for this year.** (*Ex. Presentations during the club business meeting, committee meetings or reports, etc.* )

Date	Type of Activity	Purpose

Number of business meetings your club held during this year: \_\_\_\_

Number of meetings you were present at: \_\_\_\_



Hendricks, P. (1998) "Developing Youth Curriculum Using the Targeting Life Skills Model"  
 Refer to *Targeting Life Skills in 4-H* <https://edis.ifas.ufl.edu/4h242>

## Section 2

**Targeting Life Skills-** in this section, please use the Life Skills Wheel above to write one to two sentences responding to each of the four questions below. The Life Skills Wheel is divided into four sections: Head, Heart, Hands, and Health. Please choose one skill from each section that your 4-H project work has helped you develop or improve.

1. **What is one skill in the HEAD section of the Life Skills Wheel that your project work has helped you develop or improve? Why or how has this 4-H project helped you to develop or improve this skill?**

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2. **What is one skill in the HEART section of the Life Skills Wheel that your project work has helped you develop or improve? Why or how has this 4-H project helped you to develop or improve this skill?**

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3. **What is one skill in the HANDS section of the Life Skills Wheel that your project work has helped you develop or improve? Why or how has this 4-H project work helped you to develop or improve this skill?**

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4. **What is one skill in the HEALTH section of the Life Skills Wheel that your project work has helped you develop or improve? Why or how has this 4-H project work helped you to develop or improve this skill?**

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### **Section 3**

#### **Community Service**

**As a teenager, it is important that you begin to contribute to the quality of life in your community. One way to learn more about your project area is to become involved in a community service project to teach and help others. Describe any community service projects you have participated in that are related to your project. Or describe an idea for a community service project related to your project work that you would like to lead.**

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### **Section 4**

**Photos and Work-** please include 5 to 8 items not already included in this book that show your work in 4-H this year. This includes photos of you with your 4-H clubmates and leaders at county/district/state events, other images showing your work in 4-H, and other examples. (Be sure to label and give context to why you decided to add these items to your project book. Print additional pages as needed.)