



## My 4-H Project Record

### Healthy Living



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

4-H Year: \_\_\_\_\_

4-H Club: \_\_\_\_\_

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

**Please list the project you are taking:**

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### Goals: What do I want to do?

#### Examples of Goals:

Learn more about project

Learn about My Plate

Follow a recipe

Talk or demonstration

List your own goals:

### What did I do in Healthy Living?

#### Size & Growth

List how many times you practiced your project, items made, items needed for project, and any income or expenses. Example: helped or cooked dinner for family (10 times), cookie bake sale: ingredients cost - \$10; 5 dozen cookies sold \$50.

#### What did I learn?

**Knowledge & Skills:** List what you learned this year related to your project area. Examples: follow recipe, measure flour, cooking differences between gas and electric stove, learned how candy is mass produced.

I learned to:



## **Reflection on Project Area**

**Knowledge & Skills:** List challenges you encountered and memories you made, and what you learned from them.

## **Participation in Healthy Living**

List participation related to your project area(s). Examples: toured candy factory, attended workshop related to project area, state fair open show.

## **Leadership in Healthy Living**

List activities in this project area only, where you led others; include the number of people you led. Examples: organized bake sale where 30 people attended and we sold \$50 in cookies; taught younger club members how to break egg correctly when cooking (6 members).

## **Community Service, in Healthy Living**

List activities that you participated in and where you helped others in your project area(s). Example: baked cookies for 60 nursing home residents (4 dozen).