



My 4-H Activities

Name: _____

4-H Program Year: 20__ - 20__

Club Name: _____

Age as of September 1: _____

Participation Record

Remember you **must** attend 3 club meetings OR club/4-H events throughout the year in order to show at the 4-H show for premiums.

Club Meeting Attendance: Mark all months you attended

Sept	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug

Talk and/or Demo

Date	Topic

Club/4-H Event Attendance (not a club meeting)

Date	Event

Participation in Activities

List all activities that you participated in or attended that did not relate directly to a project area you are taking. Examples: Learn & Fun Day, worked at the food stand, attended Illinois 4-H Leadership Conference, etc.

Club:
County:
Multi-County:
State/National/Int'l:

4-H Promotion

Summarize 4-H promotional activities. This could include presentations to groups, TV or radio interviews, website postings, or newspaper articles/photos. If known, give the estimated number of people who attended. (Ex. 4-H Project Night at Kiwanis (24); National 4-H Week Radio spots (3 public service announcements); Newspaper articles (4) promoting county 4-H show results; 4-H club website (3 blog entries, 4 photos)

Participation in 4-H Leadership and/or Community Service

Leadership: (Examples: Chaired bake sale committee, served on Federation/Ambassadors, taught members about state government, held position of Club President, etc.)

Community Service: (Examples: Raked leaves for neighborhood, donated money to tsunami victims, volunteer at local nursing home, etc.)

Honors and Recognitions: List exhibit ratings, trophies, medals and other special recognition received in 4-H during the year.

(Example: Outstanding Club Member, Best of Class- Cooking 101, etc.)

Non 4-H Community/Individual Involvement

List any memberships in school/church/community groups, clubs and organizations. List any non 4-H related community service projects, non-4-H offices held or committees chaired and other non 4-H activities or honors/recognitions.
