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Keep track of all the awesome things you are doing in 4-H with the 4-H Fridge List. Clip this list to your fridge at home (or a special place that is visible) and make a note each time you work on a project, go to a club meeting, attend a workshop, or anything else that is related to your 4-H membership. At the end of the year, transfer this list into your County 4-H Award Application and you're set!

Section 1Section 2Section 34-H Projects and ProgramsCommunity Participation4-H Events and Activities

Date	<u>Activity</u>	<u>Section</u>	<b>Notes</b> Lessons learned and skills gained. What I made, did, raised/cared for, # taught/mentored, etc)



## **My 4-H Tip Sheet**



Use this list as a jumping off point if you are unsure about what section your activities belong in. Did we miss something important? If so, let us know! When in doubt, add it to your Fridge List and contact the Extension Office 4-H staff for help!

<u>Activity</u>	<u>Section</u>	Activity	<u>Section</u>
4-H Project Work (items made, animals raised, activities completed)	1	4-H Club Meeting Activity	3
4-H Ambassador	1	4-H Club Officer Position	3
4-H Federation	1	4-H Community Service Activity	3
4-H Teen Teachers	1	4-H Conference Participant	3
4-H Shooting Sports Membership	1	Decatur Maker Fest	3
4-H Leadership Positions	1 or 3	4-H Exchange Host	3
4-H SPIN Club Membership/Activities	1 or 3	4-H Field Trip	3
Band/Chorus	2	4-H Fundraising Participation	3
Camps/Field Trips (not 4-H)	2	4-H Honors/Awards (not Show)	3
Church Groups and Activities	2	Illini Summer Academies	3
Community Service (not 4-H)	2	4-H International Night	3
Honors/Recognition (not 4-H)	2	4-H Judging Team	3
Jobs/Employment	2	Junior Leadership Conference	3
School Clubs	2	4-H Media Appearances	3
Sports	2	4-H Multi-County Events	3
Volunteering (not 4-H)	2	4-H Show/Fair Jr. Assistant	3
Workshops/Conferences (not 4-H)	2	4-H Show Helper	3
Youth Organization Memberships	2	4-H Statewide Events	3
4-H Achievement Night Attendee	3	4-H Talk or Demonstration	3
4-H Camp Staff	3	4-H Training Events	3
4-H Camper	3	4-H Volunteer Opportunities	3
4-H Club Committee	3	4-H Workshops	3



College of Agricultural, Consumer, and Environmental Sciences

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