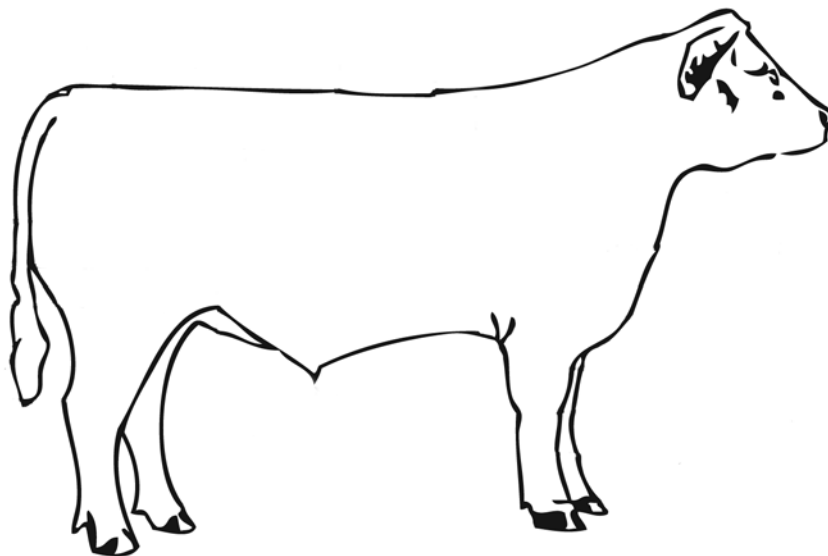


British Columbia



Fed or Market Beef Record Book



Units applicable to this record book are:
Unit II (Fed Calf) and Unit V (Market Animal)

Publication #405
Revised August 2011

The 4-H Motto

“Learn to Do by Doing”



The 4-H Pledge

*I pledge
My Head to clearer thinking
My Heart to greater loyalty,
My Hands to larger service,
My Health to better living,
For my club, my community, and my country.*

The 4-H Grace

(Tune of Auld Lang Syne)

*We thank thee, Lord, for blessings great
on this, our own fair land.
Teach us to serve thee joyfully,
with head, heart, health and hand.*

Acknowledgements:

This 4-H Record Book is an extension of the BC 4-H Livestock Record Book, Publication #398 and has been combined with the individual project record books of the 4-H Branch of Alberta Agriculture, Food and Rural Development. Thank you to the Alberta 4-H Program for the use of their materials.

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Instructions for the Electronic Record Book


Each B.C. 4-H record book publication has been converted to allow for electronic data entry. This will allow for changes to be made and saved on your computer. It is also a way to create extra pages when needed.

To use:

- All files are pdf form. The book is to be filled in electronically and then printed.
- Where there is a light-blue section, you will be allowed to fill in the required information. Some sections will also have check boxes.
- All typing is in 12 point Helvetica font
- To move wording in the box, use the space bar to adjust location.
- You cannot exceed the writing space of the box otherwise it will not print correctly.



- For multi-line answers, type until the second line and then hit enter. This will line up the writing with the pre-determined spaces.

More About Me		More About Me		
<div>Hit "Enter"</div> 	<i>I joined 4-H this year because...</i>		<i>I joined 4-H this year because...</i>	
	This year I joined 4-H because I really want to learn how to manage a rabbit breeding program.		This year I joined 4-H because I really want to learn how to manage a rabbit breeding program.	

Additional Notes

- After the file is printed, complete your record book by doing the following:
 - ☐ Circle lbs or kg on feeding record pages
 - ☐ Attach photographs to the document
 - ☐ Get handwritten signatures on pages that require it.
 - ☐ If a growth chart for your animal is included, you will need to complete it by hand.
- Save as a regular file, but remember to create a new copy for each of the same project type or each new project year.

The Creed of the 4-H Stock Keeper

I will:

1. Provide comfortable and sufficient quarters for my livestock.
2. Feed my livestock on time each day.
3. Provide animals with clean water at all times.
4. Keep my animals free from parasites.
5. Strive to keep my livestock in good health.
6. Learn as much as possible about the best methods of feeding and caring for livestock.
7. Strive to improve the breeding and quality of my livestock, and of the livestock in my community, from year to year.
8. Be kind to animals.
9. Always be a good sport in competition.
10. Keep an accurate record of my projects.
11. Complete my project and take part in all the activities of my 4-H club each year.

I have read and agree to abide by this creed.

Your Signature _____ Date _____



4-H AWARE Program

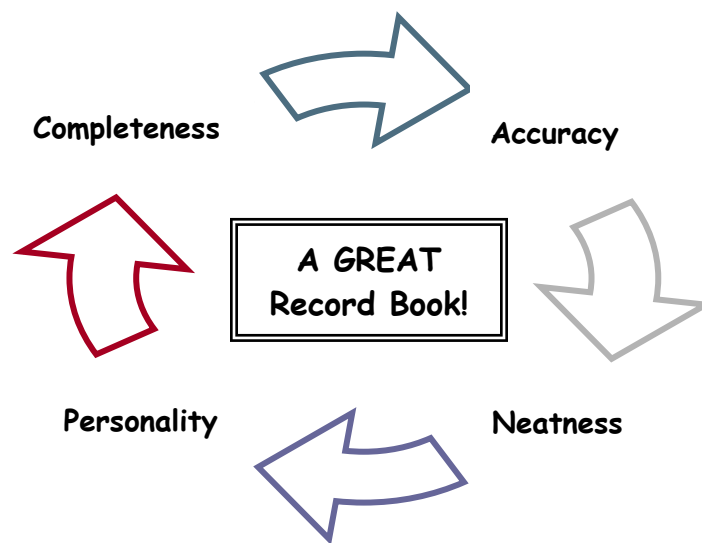
Your leader should review the 4-H AWARE program. AWARE is Animal Welfare, Animal Rights Education and being a beef 4-H member, this is an important topic. When you are at the fair, make sure that people know your animal has feed and water and explain the care of your animal. Before the fair, review all the aspects of your project and any questions that could be asked and try to have the answers at your stall.

About Your Record Book

Why do we keep records in 4-H?

- To record information about your animal.
- To record the work you have done.
- To record your club activities.
- To learn the importance of keeping accurate records in any business.
- So you can see the actual costs involved in completing your project. Without records, you cannot accurately tell how much of a gain or loss you have made on your investment.

What is involved in a Great Record Book?



- **Completeness** - A good record book has all the required information completed, including achievement day and an evaluation of your project year.
- **Accuracy** - Your figures and information should be accurate and up-to-date. Be accurate when weighing your feed and your animal.
- **Neatness** - Neatness is important in your record book. We realize that you are working on your record book throughout the year and will do your best to keep your book neat.
- **Personality** - This is the story of your project and experiences. Be original and personal in the information you keep in your book. Add photographs (with captions), newspaper and magazine articles on you, your club, your project type and 4-H. Your record book will be important to you for many years.

Flexibility is the Key!

The key to this beef record book is flexibility. Start by putting these pages in a three ring binder. Add extra pages if you need more room. Make this your personal record book. Remember that this a record book of YOUR WORK WITH YOUR PROJECT!

Hints for Keeping Good Records

Helpful Hint: Keep a calendar and a pen somewhere handy to your animal. Whenever you change the feed, or your animal is treated or vaccinated, you can quickly grab your calendar and mark it down. When it is time to write the information in your record book, the information is easy to find and accurate.

- Read the instructions for each section carefully. Make sure that you know in advance which records you must keep in that section. If you have any questions, ask your leader, he or she is there to help you!
- If you do not know feed prices, there are many people you can contact. Your club may decide to set prices at the start of the project year. Consult your parents, Internet websites, local radio reports, feed companies, your local agriculture specialist, your leader, your neighbour and so on. Prices will vary during the year.
- Be consistent in your units for weight. No matter which type of units you use (metric or imperial), use the same units through your entire book.
- Keeping records is a good business procedure. A good record book will be important in future projects for your decision-making. For fed or market beef projects you must keep records for at least 150 days. Your achievement day must be included in the 150 day record period.
- Keep your records up-to-date! Problems are caused by forgetting to record last month's feeds, or not recording changes in the feeds.
- Be accurate in your feed weight so you can accurately reflect the costs of maintaining your project. Round the number to one decimal place, for example: 1.4 kg instead of 1.375 kg.
- Include all costs, no matter how small. This will give you a true picture of your actual costs.
- Identify any purchases or losses of equipment during the project year.

About Me and My Club

About Me

My name _____

Address _____

My age at January 1st this year _____

This is my _____ year in 4-H

About My Club

Club Name _____

Number of members _____

This club has been operating for _____ years.

Name

Phone Number

Club Leader(s):

Club Executive:

President _____

Vice President _____

Secretary _____

Treasurer _____

Press Reporter _____

Safety Officer _____

More About Me

I joined 4-H this year because ...

This year in 4-H, I hope to accomplish ...

This year I will contribute to my club by ...

About My Beef Project

Name of Animal _____

Date of Birth _____

Purebred or Crossbred _____ Breed _____

CCIA Eartag _____

Name/Breed of Dam _____

Name/Breed of Sire _____

Date purchased _____ Purchase price or initial value _____

Purchased from Name: _____

Farm/Breeder: _____

Include a photograph here, taken within the first two months of the project year. Be sure to put a title and date.

(Add more pages to show all of your photographs from throughout the year.)

4-H Year Planning

Complete this section at the beginning of the project year.

How many and what kinds of animals will you care for (fed calf, market steer)?

What will you do to take care of them (example: feed, exercise, grooming)?

What goals do you want to accomplish with your project (example: a steady weight gain, best grade of carcass)?

What activities do you want to try (example: a regional 4-H event, judging rally)?

Caring for My Animal

Check the things that you are already doing well to care for your animal.
Check which ones you can improve on.

I'm already doing	I want to improve	Care
		Prepare facilities before I get my animal.
		Provide adequate housing and bedding.
		Feed my animal daily and on a regular schedule.
		Feed a balanced ration.
		Provide access to good quality water at all times.
		Control internal and external parasites.
		Any invasive procedures (e.g. castration, dehorning, docking) are performed when animals are as young as possible.
		Train animals to lead or be handled at a young age.
		Have a planned health program to prevent disease.
		Observe animals daily and get treatment for those needing it.
		Aware of the signs that my animal is in pain or is suffering.
		Keep feed and treatment records.
		Be aware of an animal's comfort (physical and mental) at all stages of production.
		Minimize or eliminate all procedures or circumstances that may cause stress to my animal.
		Take the time to understand the behavioural needs (e.g. companionship) of my animals.
		Sort and load animals safely and with concern for them.

Beef Management

Your animal requires regular care and management. Here is the place to explain what you regularly do for or with your animal on a daily, weekly and monthly basis. Be as specific as possible. Use the “Caring for My Animal” checklist on the previous page as a guideline for this page.

Remember to list the following:

- Feeding and watering practices
- Bedding
- Grooming
- Health check
- Clean pens, feed and water containers
- Manure removal
- Checking and repairing facilities as needed: fencing, pens, barns

What I do for / with my project animal ...

Daily:

Weekly:

Monthly:

My Beef Project Frame Score

Weight measured in kgs / lbs (circle one)

Purchase Weight (1) X Purchase Price = Initial Value of Project Animal (2)

(1) X

=

(2)

Weigh-In Date

Weight at Weigh-In

(3)

Achievement Date

Number of Days on Feed

(4)

Frame Score

(do not complete this section if you a record of weights for your animal on a scale, instead proceed to the Rate of Gain Record section)

Frame score is a score based on an actual measurement of hip height.

he frame score will determine the estimated mature weight of the animal. This score will determine the average daily gain required for the animal to be at the estimated finished weight for the available number of days on feed.

How to determine the Frame Score

1. Measure the animal from the hip down in inches. _____
2. What is the age of your animal (in months)? _____
3. Find the age of your animal in the first column of the chart.
4. Go across the frame columns until you find your calf's approximate hip height.
5. Go down to the last column under the hip height. It will show you an approximate correct finishing weight for your animal.
6. Weigh your animal and then fill in the information to find out how much your calf will have to gain each day, to be finished by Achievement. How much did it weigh?

Frame Score Chart

Age (months)	Frame Score 4	Frame Score 5	Frame Score 6	Frame Score 7
10	45.0"	47.0"	49.0"	51.0"
11	46.0"	48.0"	50.0"	52.0"
12	47.0"	49.0"	51.0"	53.0"
13	47.5"	49.5"	51.5"	53.5"
14	48.0"	50.0"	52.0"	54.0"
15	48.5"	50.5"	52.5"	54.5"
16	49.0"	51.0"	53.0"	55.0"
Estimate of Correct Finished Weight	1,050 to 1,150 lb (476 to 522 kg)	1,151 to 1,250 lb (522 to 567 kg)	1,251 to 1,350 lb (567 to 612 kg)	1,351 to 1,450 lb (613 to 658 kg)

Project Frame Score Estimated Finished Weight (5)

Estimated Finished Weight (5) - Weight at Weigh-In (3) = Estimated Total Weight Gain (6)

(5) - (3) = (6)

Estimated Total Weight Gain (6) = Targeted Average Daily Gain (ADG)
Number of Days on Feed (4)

(6) =

(4)

Rate of Gain Record

Weight measured in kgs / lbs (circle one)

Knowing how much your animal is gaining each day is important for a beef project. Weights can be measured by using scales, weight tapes, or estimated. It is recommended to weight your animal on a scale at least at the beginning and end of your project.

Instructions: Fill in the chart below and then graph your animal's growth curve at the end of the project year. For calculations for the first table, follow the example column. The **weight gain** will be the overall weight gained for the month; therefore the **ending weight [2]** minus the **starting weight [3]**. The **average daily gain [5]** is the weight your animal gained each day, which can be calculated using the **weight gain [4]** over the **number of days in the month [1]**. If your weigh-in started in the middle of the month, only account for that number of days.

This is an example calculation, these values are not to be used in your table:

For the month of March, there are 31 days. The ending weight of a fed calf is 879 lbs (398.7 kg). The start weight was 825 lbs (374.2 kg).

$$\begin{aligned} \text{Weight Gain} &= \text{Ending Weight} - \text{Starting Weight} \\ &= 879 \text{ lbs (398.7 kg)} - 825 \text{ lbs (374.2 kg)} = 54 \text{ lbs (24.5 kg)} \end{aligned}$$

$$\text{Average Daily Gain} = \frac{\text{Weight Gain}}{\text{Number of Days}} = \frac{54 \text{ lbs (24.5 kg)}}{31 \text{ days}} = 1.74 \text{ lbs (0.79 kg) per day}$$

Month								
Number of Days [1]								
Ending Weight (kg/lbs) [2]								
Starting Weight (kg/lbs) [3]								
Weight Gain (kg/lbs) [4]	[4] = [2] - [3]							
A.D.G. = Average Daily Gain (kg/lbs per day) [5]	[5] = [4] / [1]							

Final Weight - Initial Weight = Total Weight Gain

	-		=	
--	---	--	---	--

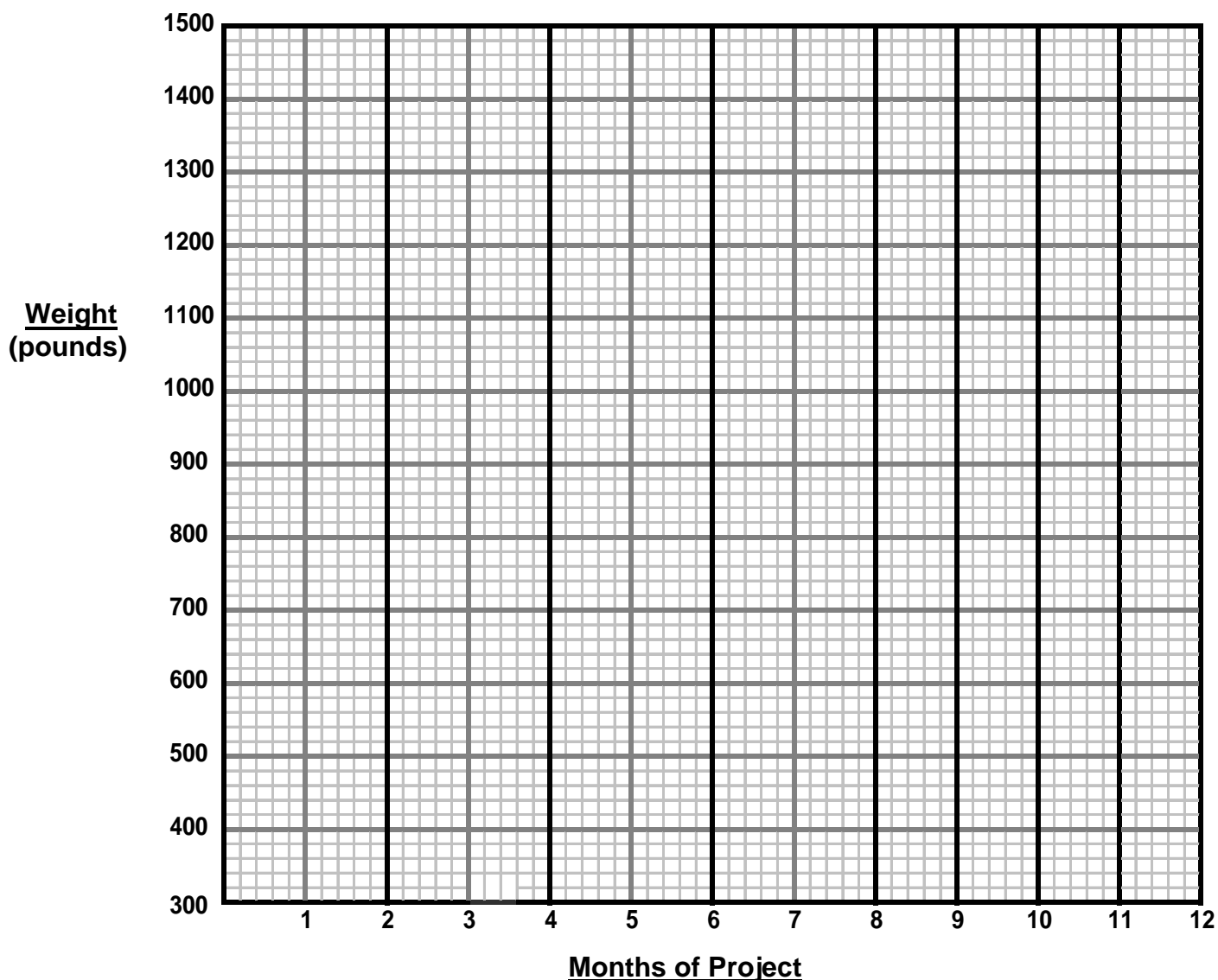
Total Number of Days of Project =
(Sum of Row [1])

Growth Chart

Using the weights in the table, draw a chart to help you track your animal's progress.

In the chart below, plot the predicted growth curve (based on the average daily gain) and then plot the actual weight of your animal at various times during the feeding period to determine if you are "on target". Compare the actual growth curve with the targeted growth line. From this information, you may need to make adjustments to how much you are feeding.

1. Mark the initial weight at the appropriate location on the left-hand side of the table.
2. Mark the estimated final weight at the appropriate location for the number of weeks in the feeding period.
3. Connect these 2 points with either a straight or curved line, based on your predicted average daily gain.
4. Each time you weight your animal, record that weight on the Growth Chart. Connect this point with the previous actual weight.



Equipment Inventory

This page will be used to keep track of all equipment that the member owns and all the items will be assigned a value. The Equipment Inventory will be continuous from year to year and should be transferred to the current Record Book each year. Do not include items that you put in Other Costs.

Example:

Date	Equipment Item	Value of Purchased Equipment of Carried Forward	10% Depreciation (\$)	Remaining Value to be Carried Forward (\$)
April 1, 20XX	Feed Bucket	\$18.50	\$1.85	\$16.65
April 15, 20XX	Measuring Scoop	\$7.00	\$0.70	\$ 6.30

Date	Equipment Item	Value of Purchased Equipment of Carried Forward	10% Depreciation (\$)	Remaining Value to be Carried Forward (\$)
Total Depreciation Costs				

Monthly Feed Record

Weight measured in kgs / lbs (circle one)

Include the values of pasture, hay, grain and supplements that your project animal eats. If you share feed with someone else, calculate and record only the value of the feed your own animal eats.

Monthly Record For: March (Example for your reference)

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed [1]	Weight per Day kgs/lbs [2]	Monthly Weight kgs/lbs [3]	Price per Weight Unit [4]	Monthly Feed Cost (\$) [5]
	[1]	[2]	[3] = [1] x [2]	[4]	[5] = [3] x [4]
16% Dairy Texture	31	6.75 kg	209.25 kg	\$0.46/kg	\$96.26
Hay	31	0.91 kg	28.21 kg	\$1.22/kg	\$34.42
Subtotals			Total 237.46 kg		Total \$130.68

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed [1]	Weight per Day kgs/lbs [2]	Monthly Weight kgs/lbs [1] x [2] = [3]	Price per Weight Unit [4]	Monthly Feed Cost (\$) [3] x [4] = [5]
Subtotals			Total (A1)		Total (B1)

Monthly Feed Record

Weight measured in kgs / lbs (circle one)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A2)		Total (B2)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A3)		Total (B3)

Monthly Feed Record

Weight measured in kgs / lbs (circle one)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A4)		Total (B4)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A5)		Total (B5)

Monthly Feed Record

Weight measured in kgs / lbs (circle one)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A6)		Total (B6)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A7)		Total (B7)

Monthly Feed Record

Weight measured in kgs / lbs (circle one)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A8)		Total (B8)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit	Monthly Feed Cost (\$)
Subtotals			Total (A9)		Total (B9)

Total Feed Amounts and Expenses

Month	Monthly Weight of Feed (from pg 13-17)		Monthly Feed Cost (\$) (from pg 13-17)
	(A1)		(B1)
	(A2)		(B2)
	(A3)		(B3)
	(A4)		(B4)
	(A5)		(B5)
	(A6)		(B6)
	(A7)		(B7)
	(A8)		(B8)
	(A9)		(B9)
Total Feed (kgs/lbs) = A1+A2+A3+A4+ A5+A6+A7+A8+A9		Total Feed Expenses (\$) = B1+B2+B3+B4+ B5+B6+B7+B8+B9	

My Beef Project Feed Information

Attach a Feed Ingredient Slip/Nutritional Analysis from each of your feed sources. If the feed is mixed in a mill, ask the mill operator for a list of ingredients. If a slip is not available, please describe your feed sources as best as possible.

Did the feed or mixture change during the course of the project? If yes, why and how did it change?

Did your animal have any feeding problems? Describe the problem and how you dealt with it.

Health and Veterinary Record

Animal's Veterinarian: _____

Veterinarian's Phone Number: _____

This should include a record of any health related activities (immunizations, hoof trimmings, drugs, surgery, or use of veterinarian's services for any reason such as health certificate). This should include what you used, how much you used, and what you used it for. Fill in all applicable information. **If your animal was healthy through the project, please note.**

Date	Procedure or Problem	Treatment (product used, dosage)	Cost (\$)
Total Health and Veterinary Expenses			

Medications

Because your project is a market animal, it is important to record medications and when they are through the animal's system (withdrawal). Remember to document ALL medications or medicated feeds and withdrawal times.

Date Administered or Fed	Medication Name (Medication added/included in feed and approximate amount of medication)	Withdrawal Time (Instructed)	Withdrawal Complete (Date)

Prohibited Feed Affidavit

I, _____ (print), of the _____ 4-H Club, attest that to the best of my knowledge, the ration fed to cattle under my authority, direction or ownership and which are supplied to any packer in Canada have not been fed "prohibited material" as defined in the Mammalian to Ruminant Feeding Ban SOR/97-362 (Amendments to the Regulations Respecting the Health of Animals, SOR/91-52S), made pursuant to the Health of Animals Act S.C. 1990, c21

<i>4-H Member's Signature</i>	<i>Date</i>
<i>Parent or Guardian Signature</i>	<i>Date</i>

My Beef Project Other Expenses

In this section you will record your other costs to prepare your beef project for achievement day. Please feel free to include attachments of actual expenses with your record book. The types of expenses to include on this sheet are Bedding, Show Supplies, Show Entry Fees, Trucking, and Miscellaneous Expenses.

Date	Type of Expense	Cost
Total Other Expenses		

My Beef Project Show Record

In this section, you will list the shows you attended with your project animal. If you earned prize money, put the value in the income portion of the table.

Date	Show and Judge	Class	Prize Earned	Income
Total Show Income				

My Beef Project Financial Summary

Income:

Sale price or estimated value of animal at end of project	\$	<input type="text"/>
Total show income (page 23)	+	<input type="text"/>
TOTAL INCOME	=	<input type="text"/>

Expenses:

Purchase Price or initial value of animal (page 6)	<input type="text"/>
Depreciation Cost (page 12)	<input type="text"/>
Total Feed Expenses (page 18)	+ <input type="text"/>
Health and Veterinary Expenses (page 20)	+ <input type="text"/>
Other Expenses (page 22)	+ <input type="text"/>
TOTAL PROJECT EXPENSES	= <input type="text"/>

Profit or Loss Calculation:

Total Income - Total Project Expense = **Profit or Loss**

<input type="text"/>	-	<input type="text"/>	=	<input type="text"/>
----------------------	---	----------------------	---	----------------------

1. Did you have a profit or loss?

2. If you had sold this animal at today's market price, would you have made a profit or loss?

Indicate the current market price per weight unit.

Market Price - Expenses = Real Life Profit or Loss

Note: The person who bought your project supports you, as a 4-H member, by paying a premium price (more than market value). You are expected to send a thank you note to your buyer.

My Animal's Performance

Using the information from page 10, you can calculate costs for the entire length of time of your project.

Total Weight Gain (from bottom of pg 10) =

Total Number of Days of Project (from bottom of pg 10) =

Overall Average Daily Gain for Project Period = $\frac{\text{Total Weight Gain}}{\text{Total Number of days}}$

$$\frac{\begin{array}{|c|} \hline \text{kgs/lbs} \\ \hline \end{array}}{\begin{array}{|c|} \hline \text{days} \\ \hline \end{array}} = \begin{array}{|c|} \hline \\ \hline \end{array} \text{ kgs/lbs per day}$$

Feed Cost per kilogram or pound of Weight Gain

This tells you how much it costs to feed your animal(s) for one kilogram or pound of gain in weight. This does not include your other expenses.

$\frac{\text{Total Feed Expenses (pg 10)}}{\text{Total Weight Gain (see above)}}$ = Feed cost per kilogram or pound of Weight Gain

$$\frac{\begin{array}{|c|} \hline \\ \hline \end{array}}{\begin{array}{|c|} \hline \\ \hline \end{array}} = \$ \begin{array}{|c|} \hline \\ \hline \end{array}$$

Breakeven Sale Price Needed to Cover All Costs

$\frac{\text{Total Project Expense}}{\text{Actual Sale Weight}}$ = Breakeven sale price needed to cover all costs

$$\frac{\begin{array}{|c|} \hline \\ \hline \end{array}}{\begin{array}{|c|} \hline \\ \hline \end{array}} = \$ \begin{array}{|c|} \hline \\ \hline \end{array}$$

Carcass Evaluation

One end product in the livestock industry is meat for the retail market. Because of this, the quality and lean meat yield of the carcass produced is important. The quality and yield information is obtained from the grader's report.

Carcass / Ear tag Number			
Live Weight (sale weight)			
Warm Carcass Weight		Carcass Weight Points	
Estimated Lean Yield %		Yield % Points	
Yield Grade			
Marbling			
Quality Grade		Quality Points	
		Total Points	

Definitions of Terms

Estimated Lean Yield: estimated by the grader of the percentage of red meat that makes up the carcass

Yield Grade: measuring of exterior fat and length & width of rib-eye.

Marbling: intramuscular fat amount in the rib-eye

Quality Grade: the Canadian grade the carcass receives reflects the tenderness, juiciness, consumer acceptability, shelf life and yield of the carcass

Look for the Canadian Beef Grading Agency for more information on Canadian beef grading.

Record of My Project's Progress

Include photographs with captions of your project and your 4-H year on photo pages.

Month	Comment – How did your project do this month, questions, comments?
	Member:
	Leader Initial:
	Member:
	Leader Initial:
	Member:
	Leader Initial:
	Member:
	Leader Initial:
	Member:
	Leader Initial:
	Member:
	Leader Initial:
	Member:
	Leader Initial:

My Beef Project Photo Album

Be Creative. The more photographs, the better! A completed record book should at least have a beginning photograph and a finished picture. You are encouraged to be in the photo with your project animal and include more photographs. You should also include captions on your pictures that at least include the date of the photograph. You may use additional pages.

Club Activity Log

It is important to always keep track of the meetings, field trips and events you participate in and learn from your experiences. Describe with detail what you did, what you learned and what you completed during the year with your club or on your own.

Date	Meeting, Field Trip, At Home or Event	What you learned or accomplished
<i>Feb. 20, 20XX</i>	<i>Club Public Speaking</i>	<i>Gave my speech and gained confidence as a speaker</i>

Date	Meeting, Field Trip, At Home or Event	What you learned or accomplished

My Beef Project Year Summary

What I learned this year

This section is to be completed at the end of the 4-H year. It is meant to help you look back on all that you have learned during the past year. Look back on the goals you set for yourself at the beginning of the year. How well did you meet those goals?

How did you improve or learn the skills you wanted to learn?

How did you accomplish the goals you set for yourself?

What new activities did you try?

In what way did you help or teach others?

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