My Junior/Intermediate 4-H Records Instructions

4-H wouldn’t be the same without records. They are an important part of completing each project. They help you set some goals, keep track of your activities, record your events and a whole lot more.

Keeping records is a great way to hold onto your memories about each incredible year you have in 4-H. In a couple of years, you can look back on these journals and remember what fun you had.

Keeping records is also a great way to develop your skills in communicating, organizing your time, documenting events and actions, evaluating your own efforts, setting goals, solving problems, keeping track of money.

Records are like journals—they’re a way to keep track of what you do and when you do it. Think of your records as an entry book, kept regularly. Remember that these are your records. Make them fun. Make them yours. Make them creative. Make them memorable. Design your own unique page. Put them on computer. Add to your records so that they become a scrapbook of what you have done.

My 4-H Year helps you set your goals. It gives you a place to list the meetings you attend, the offices you hold in your club, how you help others with their projects, how you show the community what you are doing. You also list your honors and awards.

My Project and Financial Journal is where you keep track of important events and activities that you enter. This is also the place to keep track of expenses and income from your projects.

My 4-H Creative Documentation Make this fun—add photos, newspaper articles, ribbons—whatever you feel is important.

4-H Motto: To Make The Best Better
How to Enter for Awards

There are five Achievement Areas for Junior/Intermediate 4-H members ages 9 to 13 on January 1. Choose one of these areas to submit your records.

1. Animals (large or small)
2. Family and Consumer Science (foods, clothing, health, others)
3. Arts and Communication (public speaking, music, crafts, arts)
4. Science and Technology (electricity, wood science, aerospace)
5. Natural Resources and Environmental Science (fishing, soils)

Records will be submitted to Regional Extension Agents working with 4-H. Ask your 4-H Club Leaders or county Extension staff about the deadline date for entry.

Complete your record for entry.
   Cover Page for My Junior/Intermediate 4-H Records
   My 4-H Year
   My Project Journal
   My Creative Documentation

A Reference Letter is needed. A good letter is one that tells about you and what you have done in 4-H. Someone in the county Extension office can do that, or a teacher or someone you helped using your 4-H project.

Winners will be awarded a plaque. There will be winners in each of the six Alabama 4-H areas. Each project will have two winners.

If you have questions about the Junior/Intermediate 4-H Achievement Awards please ask your 4-H Regional Extension Agent.