

Publication #118

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Personal Achievement Record Book



4-H PLEDGE



I pledge:

My Head to clearer thinking,
My Heart to greater loyalty,
My Hands to larger service, and
My Health to better living, for
My Club, my Community, and my Country.

In repeating the pledge, raise the right hand to the side of the head when speaking Line 1; place palm of right hand over the left breast when speaking Line 2; extend both hands forward, palms upward, when speaking Line 3; and stand at attention when speaking Line 4.

4-H GRACE

Tune: "Auld Lang Syne"

We thank Thee, Lord, for blessings great
On this, our own fair land,
Help us to serve Thee joyfully,
With Head, Heart, Health, and Hand.

4-H MOTTO

"LEARN TO DO BY DOING"

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Name: _____

Address: _____

Club Name: _____

Date of Birth: _____
 Day Month Year

Project: _____ Date of Joining: _____
(If more than one project or club, list below)

Introduction

This record book is designed to provide the 4-H Club Members with an opportunity to keep personal records of their achievements and activities. Not only will it serve as a ready reference but, if properly maintained; it will assist in completing applications for awards, scholarships, Provincial Club Week, etc.

Fill in the individual details at they occur. Keep the records up to date, and they will prove of more value.



Yearly Club & Project Meeting Attendance Record

4-H Club Meetings are the monthly business meetings that are held by your 4-H Club. To figure out your attendance you will be calculating a percentage. Record the number of meetings held and the number of meetings attended. Divide the total number of meetings attended by the total number of meetings held. Move the decimal point two places to the right.

Club Meeting Attendance

Year	Number of Club Meetings Held	Number of Club Meetings Attended	Percentage of Meetings Attended (%)
Example: 2004	10	8	80%

Project Meeting if held separate from the General Club Meetings.

Year	Number of Project Meetings Held	Number of Project Meetings Attended	Percentage of Project Meetings Attended (%)
Example: 2004	10	8	80%

Project Achievement

Record each project and unit you achieved in the year. Also record your Achievement Day placing and your Record Book profit/loss from your Financial Summary.

Project	Unit	Year	Ribbon	Net Profit/ Loss

Junior Badges & Senior Skill Certificates

Record your badges or senior skill certificates earned each year.



Badge/Certificate	Project	Year

Executive Offices Held in 4-H Clubs

President, Vice-President, Secretary, Treasurer, Reporter, Farm Safety Officer.

Position	Club	Year

Public Speaking

Record of Speeches given at Club Level.

Topic	Year

Public Speaking - 4-H Competitions

Topic	Date	Competition Placing

Educational Displays



TOPIC	COMPETITION	PLACING	YEAR

Demonstrations

All Demonstrations at Local Club Level, Rallies, Achievement Days and Competitions.

Name of Demonstration	Location	Date	If in Competition, Placing

Speak and Show

All Speak and Show presentations at Local Club Level, Rallies, Achievement Days and Competitions.

Name of Speak and Show	Location	Date	If in Competition, Placing

Judging



Record your Judging activity at District Rallies, Field Days, Competitions, and Qualifying Classes (NOT judging at regular club meetings).

Location	Name of Competition	Classes Judged	Placing	Year

Junior Leader Projects

Project	Responsibilities	Year	Completed	Mark

Self Determine Projects, Senior Management, Project Pin(s), Honour Club Pin, Grade 11/12.

Project	Details	Year

4-H Provincial, National and Exchange Trips

Name of Trip	Details	Year
Eg. Youth Action	Joined 62 other 4-H members, at Naramata for a leadership and fun BC 4-H Provincial Conference.	2005

4-H Committees and Community Projects

Name of Committee or Community Project	Postition	Duties	Year

Community Activities

(Other than 4-H) Church, Sports, Youth Groups, etc.

Name of Committee or Function	Year	Position	Duties
Eg. Youth Soccer	2004	Defense	Team member, attended 15 games and 20 practices

School Activities

Name of Committee or Function	Year	Position	Duties
Eg. Student Leadership Team	2004	Team member on a 20 person team	Lead in school spirit, work on anti-bullying.

Photographs and News Clippings

(Include a photo of you for every year in 4-H!)

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"A 4-H Partnership"



**Ministry of Agriculture and
Lands**
Agriculture Division
Youth Development Programs