



4-H ACTIVITY REPORT

NAME: _____

MAILING ADDRESS: _____

TELEPHONE: _____ EMAIL ADDRESS: _____

DOB: _____ YEAR STARTED IN 4-H: _____

SCHOOLS ATTENDED:

_____	FROM: _____	TO: _____
_____	FROM: _____	TO: _____
_____	FROM: _____	TO: _____

4-H CLUB(S) NAME(S):
(past or current club membership)

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities. NYS College of Agriculture and Life Sciences, NYS State College of Human Ecology, and NYS College of Veterinary Medicine at Cornell University, Cooperative Extension associations, county governing bodies, and US Department of Agriculture, cooperating.

Section 1

4-H Projects

Label pages with one of the following subject areas: beef cattle, citizenship, child development, clothing and textiles, consumer education, dairy cattle, dog, entomology, environmental stewardship, expressive arts, foods and nutrition, gardening, goats, health, horse, leadership, natural resources, ornamental horticulture, pet care, photography, poultry, rabbit, safety, sheep, swine, woodworking

Subject Area: _____

Year	Name of Project	County Fair Award	State Fair Award	Other

Section 2

Offices Held in 4-H

List the club or program and the office held that year, including any special duties performed.

Year	Club/Program	Office Held	Award Received	Other

Section 3

4-H Club Junior Leadership

List the number of youth taught and the responsibility you had in teaching the project or activity. Junior Leadership – when a teen 4-H member assists or teaches a project or activity. Assistant Leader – when a teen 4-H member assists another project leader with their club. Project Leader – when a teen 4-H member leads a project with their club.

Year	Assistant or Project Leader	Number of Members Lead	What was your responsibility?

Section 4

4-H County Activities

Put the year at the top of the column and check all county activities you participated in that year. Add any additional activities under OTHER. If it does not apply, do not check, leave blank.

Activities	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year
Achievement Night Attendance										
National 4-H Week Promotion										
Fashion Revue – county										
Fashion Revue – state										
Community Service Sewing										
County fair exhibits (#)										
County fair milk bar										
County fair clean-up night or I clean for ice cream										
County fair junior superintendent										
State fair exhibits (#)										
4-H STARR										
4-H Capital Days										
Cornell Career Explorations										

Activities	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year
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Agribusiness Career Trip										
Wonders of Washington or Washington Focus										
Dairy Bowl – county										
Dairy Bowl – regional										
Dairy Bowl – state										
Dairy Judging										
Dairy Clinic										
Horse Bowl – county										
Horse Bowl – regional										
Horse Bowl – state										
Hippology										
Horse Clinic										
Horse Show – county										
4-H Camp										
OTHER (write in)										
Activities	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year

4-H County Leadership

Put the year at the top of the column and check the events in which you had a leadership role that year. Add any additional 4-H leadership activities under OTHER. If it does not apply, do not check, leave blank.

Event	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year
Achievement night presenter or helper										
Presenter or helper for 4-H county training										
Member of 4-H advisory committee										
Member of 4-H Youth Development Issue Committee										
Fashion revue commentator										
4-H Teen Evaluator										
State fair teen leader										
Career Explorations focus assistant										
4-HTeen Ambassador										
Planning team for a statewide event										
4-H Choose Health Action Teen										
OTHER (write in)										

Section 6

4-H Awards

Put the year at the top of the column and check all awards received that year. Please write in any additional awards under OTHER. If an award does not apply leave it blank.

Award	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year
Honor Secretary										
Outstanding News Reporter										
Outstanding Recreation Leader										
Outstanding Senior 4-H Member										
Outstanding Project Work – note subject area										
Outstanding Project Work – note subject area										
Outstanding Project Work – note subject area										
Outstanding Project Work – note subject area										
Junior Leader Award										
Achievement Certificate (completion of at least one project)										
Participation Award (participation in Public Presentation Day and/or county fair exhibition)										
4-H College Scholarship										
OTHER (write in)										
Award	Year	Year	Year	Year	Year	Year	Year	Year	Year	Year

Section 7

Public Presentations

Give the year and topic which was presented. Note the award received at the level at which the presentation was given.

Year	Topic or Title	Club	County	District	State Fair	County Fair	Other

Section 8

Other Community Activities

Please list year, nature of the activity, office or position held and give a brief explanation of the organization/event so we can understand your participation. Include all extracurricular school activities as well as non-school activities such as scouts, sports, church, theatre, etc.

Year	Activity	Office/position held	Describe organization/event and purpose

Section 9

Community Service

The definition of community service is providing assistance that benefits someone outside the member’s family or 4-H club. Examples include collecting canned goods for a food pantry, visiting a nursing home, helping with community clean-up, etc. Please fill in the year, description of the community service and number hours completed that year (ie. 2 hours/week x 42 weeks = 84 hours).

Year	Description of community service event	Number of Hours

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Section 10

Promoting 4-H

Promoting 4-H is when a 4-H member is providing public awareness and information about the 4-H program (ie. parades, information booth, store display, newspaper article, etc.) Please fill in the year, description of the marketing event and number of hours completed for that activity n the year.

Year	Description of marketing event	Number of hours

How to Fill Out a 4-H Activity Report

Listed is an explanation of each page of this 4-H Activity Report. Please read carefully before completing the pages of this report. Include all the activities you participated in each year to keep your report complete and accurate. You will use this activity report when you apply for any award, scholarship, or certificate in Columbia County.

Section 1 – 4-H Projects:

List one of the subject areas below on the top of our 4-H Project page. Have at least one page for each subject area. Put the year, name of the project and the awards (blue, red, or green, etc.) received if entered in the County and/or State Fair. Leave blank if not entered in these events.

For example, the subject area might be Foods and Nutrition and the project would be Muffins and More. Or, the subject area might be Animals and the project would be Poultry.

- Citizenship
- Cultural education
- Community service
- Performing arts
- Visual/expressive arts (crafts, painting and the arts, needlework, photography, etc.)
- Child development
- Clothing and textiles
- Consumer education
- Environmental stewardship
- Natural resources (water, fishing, birds, trees, wildlife, forests, etc.)
- Outdoor education/recreation
- Waste management
- Foods and nutrition
- Physical health
- Safety (bicycle, tractor)
- Career exploration
- Economics and business
- Hobbies and collections
- Leadership skills (teen ambassador, junior leader, choose health ambassador)
- Animals (beef, poultry, pets, dairy cattle, goats, horse, sheep, rabbit, swine, etc.)

- Plants (vegetables, flowers, herbs, landscape, etc.)
- Biological sciences (insects, incubation, veterinary science, etc.)
- Technology and engineering (rocketry, bicycles, electricity, small engines, woodworking, etc.)
- Physical sciences (astronomy)

Section 2 – Offices Held in 4-H:

List club or program and the office held that year, including any special duties performed.

Section 3 – 4-H Club Junior Leadership:

List the number of youth taught and the responsibility you had in teaching the project or activity.

Junior Leadership – when a teen 4-H member assists or teaches a project or activity.

Assistant Leader – when a teen 4-H member assists another project leader within their club, etc.

Project Leader – when a teen 4-H member leads a project within their club, etc.

Section 4 – 4-H County Activities:

Put the year at the top of the column and check all county activities you participated in that year. Add any additional activities under OTHER. If it does not apply, do not check, leave blank.

- | | |
|---|-------------------------|
| • Achievement night attendance | • Dairy Bowl – state |
| • National 4-H week promotion | • Dairy Judging |
| • Fashion revue – county | • Dairy Clinic |
| • Fashion revue – state | • Horse Bowl – county |
| • Community service sewing | • Horse Bowl – regional |
| • County fair exhibits (#) | • Horse Bowl – state |
| • County fair milk bar | • Hippology |
| • County fair clean up night or I clean for ice cream | • Horse Clinic |
| • County fair junior superintendent | • Horse Show – county |
| • State fair exhibits (#) | • 4-H Camp |
| • 4-H STARR | |
| • 4-H Capital Days | |
| • Cornell Career Explorations | |
| • Agribusiness Career Trip | |
| • Wonders of Washington or Washington Focus | |
| • Dairy Bowl – county | |
| • Dairy Bowl – regional | |

Section 5 – 4-H County Leadership:

Put the year at the top of the column and check the events in which you had a leadership role that year. Add any additional 4-H leadership activities under OTHER. If it does not apply, do not check, leave blank.

- Achievement Night presenter or helper
- Presenter or helper for 4-H county training
- Member of 4-H advisory committee
- Member of 4-H Youth Development Issue Committee
- Clothing revue commentator
- 4-H Teen Evaluator
- State Fair teen leader
- Career Explorations focus assistant
- 4-H Teen Ambassador
- Planning team for statewide event
- 4-H Choose Health Ambassador

Section 6 – 4-H Awards:

Put the year at the top of the column and check all awards received that year. Please write in any additional awards under OTHER. If an award does not apply leave it blank.

- Gogetter Junior Award
- Honor Secretary
- Outstanding News Reporter
- Outstanding Recreation Leader
- Outstanding 4-H Member
- Outstanding Project Work
- Junior Leader Award
- Achievement Certificate (completion of at least one project)
- Participation Award (participation in Public Presentation Day and/or county fair exhibition)
- 4-H College Scholarship

Section 7 – Public Presentations:

Give the year and topic which was presented. Note the award received at the level at which this topic was presented.

Section 8 – Other Community Activities:

Please list year, nature of the activity, office or position held and give a brief explanation of the organization/event so we can understand your participation. This would include non-school activities such as scouts, community sports, church, theatre, etc.

Section 9 – Community Service:

The definition of community service is providing assistance that benefits someone outside the member’s family or 4-H club. Examples include collecting canned goods for a food pantry, visiting a nursing home, helping with community clean-up, etc.

Please fill in the year, description of the community service and number of hours completed in that year (ie. 2 hours/week X 42 weeks = 84 hours).

Section 10 – Promoting 4-H

Promoting 4-H is when a 4-H member is providing public awareness and information about the 4-H program (ie. parades, information booth, store display, etc.)

Please fill in the year, description of the marketing event and number of hours completed for that activity in the year.