

This form goes on the inside front cover of your record book.

(Revised 2022)

4-H Activity Sheet

4-H Year: _____

Name: _____ 4-H Age: _____

Record Book

1. _____ Personal page information complete. 1 point
2. _____ Personal page signed. 1 point
3. _____ Permanent record is up to date. 1 point
4. _____ 4-H story is completed. 2 points
5. _____ At least one Kansas General/Animal Project Report Form for a project is completed. 5 points for each Report Form turned in

Local 4-H Club Participation

6. _____ Attended one ½ the monthly meetings. Number attended: _____ 1 point for each meeting attended
7. _____ Attended majority of project meetings held. 1 point
8. _____ Held office in 4-H Club. 2 points
9. _____ Attended officer training for the office you held. 2 points
10. _____ Worked on a club committee. List committee: _____ 1 point per committee
11. _____ Presented project talk at 4-H meeting or at project meeting. 5 points
12. _____ Presented demonstration or illustrated talk at 4-H club meeting or in a project meeting. 5 points
13. _____ Presented other program at 4-H meeting, non-related to current projects, during the current year.
Please list: _____ 5 points
14. _____ Attended club tour. 2 points
15. _____ Attended the Club/County Achievement Celebration. 2 points
16. _____ Attended 4-H Sunday (with club). 2 points
17. _____ Helped with club community service activity. 10 points
18. _____ Served as project leader or assisted project leader. 5 points
19. _____ Promoted 4-H to non-4-H'ers (youth).
Please list: _____ 2 points

County Participation

20. _____ Assisted at 4-H Day. 10 points
21. _____ Assisted with national 4-H week promotion (window display, book, public presentation, etc.) 2 points
22. _____ Actively served as junior superintendent or assistant. 2 points
23. _____ Assisted with Achievement Celebration (decorations, presentation of awards, etc.)
24. _____ Assisted with County Fair set-up and clean up. 2 points
25. _____ Received a purple or grand champion at the county fair. 1 point
26. _____ Assisted at county-wide project or service project. 5 points
27. _____ Made presentation at 4-H Day. Please list area: _____ 10 points
28. _____ Participated in Fashion Revue. 5 points
29. _____ Made 4-H presentation to non-4-H group (civic, business, school, church). 10 points
30. _____ Attended county 4-H camp or day camp as a camper or counselor. 5 points
31. _____ Exhibited at the county fair. 1 point
32. _____ Worked at the concession stand at the county fair or other 4-H council sponsored concession stand. 1 point
33. _____ Participated in county fundraisers. 1 point
34. _____ Assisted at 4-H Buyer's Appreciation Meal and events at the fair. 2 points

- 35. _____ Participated in the County Ambassador Program. 5 points
- 36. _____ Attended a 4-H judging practice, school, or contest at county level. 5 points

Area-Multi-County Participation

- 37. _____ Attended or participated in District 4-H Show. 5 points
- 38. _____ Participated in multi-county show (dog, wheat, photography, clothing, food, etc.) 5 points
- 39. _____ Participated in multi-county judging contest, school or leadership conference (livestock, horticulture, home ec, etc.) 5 points
- 40. _____ Attended 4-H camp. 5 points
- 41. _____ Helped set up spring Show/Judging. 5 points

State Participation

- 42. _____ Attended 4-H Discovery Days. 5 points
- 43. _____ Attended Kansas City 4-H Conference, KYLF, CIA, National 4-H Conference. 5 points
- 44. _____ Exhibited in 4-H classes at the Kansas State Fair or Kansas Junior Livestock Show/Kansas Junior Dairy Show. 2 points
- 45. _____ Participated in a state judging event, quiz bowl team, skill-a-thon, or state committee. 10 points
- 46. _____ Attended Geology Trip or Insect Spectacular. 5 points

_____ **Number of Points**

Signed: _____ Date: _____
4-H Member

Signed: _____ Date: _____
4-H Leader

Ratings (check responses)

Age 7-8

- 1-8 Needs Improvement – White
- 9-13 Satisfactory – Red
- 14-19 Above Average – Blue
- 20-Up Superior – Purple

Age 9-13

- 1-10 Needs Improvement – White
- 11-15 Satisfactory – Red
- 16-20 Above Average – Blue
- 21 – Up Superior – Purple

Age 14 & Up

- 1-13 Needs Improvement – White
- 14-18 Satisfactory – Red
- 19-23 Above Average – Blue
- 24 – Up Superior – Purple

You will receive a sticker award that correlates to the merit received above.