

Please leave this form loose in the front of your record book.

(Revised 2024)

4-H Activity Sheet

4-H Year: _____

Name: _____ 4-H Age: _____

Please put the number of points for each item in the blank. Add the number of points earned at the end of the form.

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 $\frac{1}{2}$ 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 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. _____ Serve as a Room Monitor at County 4-H Day. 5 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.) 2 points
24. _____ Attend County Achievement Celebration. 2 points
25. _____ Assisted with County Fair set-up and clean up. 2 points
26. _____ Received a purple or grand champion at the county fair. 1 point
27. _____ Assisted at county-wide project or service project. 5 points
28. _____ Made presentation at 4-H Day. Please list area: _____ 10 points
29. _____ Participated in Fashion Revue. 5 points
30. _____ Made 4-H presentation to non-4-H group (civic, business, school, church). 10 points
31. _____ Attended county 4-H camp or day camp as a camper or counselor. 5 points
32. _____ Exhibited at the county fair. 1 point
33. _____ Worked at the concession stand at the county fair or other 4-H council sponsored concession stand. 1 point
34. _____ Participated in county fundraisers. 1 point
35. _____ Assisted at 4-H Buyer's Appreciation Meal and events at the fair. 2 points

- 36. ____ Participated in the County Ambassador Program. 5 points
- 37. ____ Attended a 4-H judging practice, school, or contest at county level. 5 points
- 38. ____ Attended YQCA program. 5 points
- 39. ____ Participate in County Archery Shootout. 5 points
- 40. ____ Attended another county event not listed here. Event: _____ 5 points

Area-Multi-County Participation

- 41. ____ Attended or participated in District 4-H Show. 5 points
- 42. ____ Participated in multi-county show (dog, wheat, photography, clothing, food, etc.) 5 points
- 43. ____ Participated in multi-county judging contest, school or leadership conference (livestock, horticulture, home ec, etc.) 5 points
- 44. ____ Attended 4-H camp. 5 points
- 45. ____ Attended another Multi-County Event not listed here. Event: _____ 5 points

State Participation

- 46. ____ Attended 4-H Discovery Days. 5 points
- 47. ____ Attended KYLF, CIA, National 4-H Conference. 5 points
- 48. ____ Exhibited in 4-H classes at the Kansas State Fair or Kansas Junior Livestock Show/Kansas Junior Dairy Show. 5 points
- 49. ____ Participated in a state judging event, quiz bowl team, skill-a-thon, or state committee. 10 points
- 50. ____ Attended Geology Trip or Insect Spectacular. 5 points
- 51. ____ Attended State Shutter Bug Event. 5 points
- 52. ____ Attended another State Event not listed here. Event: _____ 5 points

____ **Number of Points**

Signed: _____ Date: _____
4-H Member

Signed: _____ Date: _____
4-H Leader

Seals will be awarded based on the number of points accomplished by the 4-H member. Most Involved 4-H members are recognized for the highest points earned in each age group.

Point Scale applies to all age groups.

For ages 7 to 8 years old

- 80 points and above Superior – Purple
- 50 to 79 points Average – Blue
- 30 to 49 points Satisfactory – Red
- 29 points and below Needs Improvement – White

For ages 9 to 10 years old

- 80 points and above Superior – Purple
- 50 to 79 points Average – Blue
- 30 to 49 points Satisfactory – Red
- 29 points and below Needs Improvement – White

For ages 11-13 years old

- 95 points and above Superior – Purple
- 75 to 94 points Average – Blue
- 50 to 74 points Satisfactory – Red
- 49 points and below Needs Improvement – White

For ages 14 to 18 years old

- 95 points and above Superior – Purple
- 75 to 94 points Average – Blue
- 50 to 74 points Satisfactory – Red
- 49 points and below Needs Improvement – White

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