Your 4-H Planning and Activity Guide will help you to **PLAN** what activities you want to do, **RECORD** what you do, and **REVIEW** what you have learned. When you participate in 4-H educational activities at the local, county, regional, state, or national levels, this guide will help you record your accomplishments for the activities you complete. Remember to save these records for future reference. When completed, this guide can be submitted for judging. 4-H makes awards available to members who have done a good job and kept good records. Ribbons are awarded at 4-H fairs; medals and certificates are awarded by the state; and scholarships are awarded at the National 4-H Congress.

In between are many other opportunities to receive recognition for your accomplishments. You not only learn from your project(s), but from many other things you do in 4-H, such as club meetings, trips, and fairs. If an activity is listed below that you are not familiar with, ask your 4-H leader or teacher to explain them to you.

Take some of your time now to record what you have done and what you learned in 4-H this year. You may be surprised how quickly your activities add up. Turn your completed 4-H Planning and Activity Guide into your leader or teacher for judging.
This is my _______ year in 4-H.

Responsibilities I had in my club:
Office I held ________________________________________________________________
Committee(s) I was a member of _____________________________________________
Committee(s) I was chairman of _____________________________________________
Presentation(s) given—includes show and tells, demonstrations, public speaking:

___________________________________________________________________________
___________________________________________________________________________
Other responsibilities I had: __________________________________________________

Club activities in which I participated:
(Example: X Roundup nutrition skit = I went to Club Roundup and I was in the nutrition skit.)
___Club picnic _______________________________________________________________
___Roundup ________________________________________________________________
___Community service _________________________________________________________
___Other __________________________________________________________________

County activities in which I participated:
___Day camp ________________________________________________________________
___Long-term camp __________________________________________________________
___County-wide roundup or fair ______________________________________________
___County picnic ____________________________________________________________
___Citizenship _______________________________________________________________
___Leadership _______________________________________________________________
___Other __________________________________________________________________
My 4-H Project

In your own words, write what you 1) plan to do, 2) what you did, and 3) what you learned in your 4-H project. You should write what you want to do with what you learned. Here is one example of a 4-H story:
1. I want to learn how to grow and care for plants so that I can start my own garden.
2. I completed “Meet the Plants.” I sprouted seeds for food and made cuttings from Mom’s house plants.
3. I learned different parts of plants and how they grow. I also learned about many of the uses of plants. I want to grow house plants and vegetables.

Now, use the space below to write your own 4-H story.

What I plan to do: _____________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

What I did:
_________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

What I learned: _____________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
Name ________________________________________________________________

Street address _________________________________________________________

City, state _____________________________________________________________ Zip code ______

Parent’s name ________________________________________________________ Phone __________________

4-H leader/teacher ______________________________________________________

4-H club/school _________________________________________________________

4-H projects I have completed:

19 ___ ______________________________________________________________________

19 ___ ______________________________________________________________________

19 ___ ______________________________________________________________________

19 ___ ______________________________________________________________________

4-H Pledge

I pledge

my head to clearer thinking,

my heart to greater loyalty,

my hands to larger service,

my health to better living,

for my club, my community,

my country, and my world.

4-H Motto

To make the best better

4-H Colors

Green and white

For more information about 4-H programs, contact:

Developed by Timothy J. Rollins, former assistant professor of Agricultural and Extension Education.

Visit Penn State’s College of Agricultural Sciences on the Web: http://www.cas.psu.edu

Penn State College of Agricultural Sciences research, extension, and resident education programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901, Tel 814-865-4700/V, 814-863-1150/TTY.

Produced by Information and Communication Technologies in the College of Agricultural Sciences

S2022 R6C3/05ps