



# Record Books



## WHAT IS A RECORD BOOK?

A 4-H Record Book is a written record of your experiences, achievements, and personal growth as a 4-H member. The 4-H Record Book includes a *Personal Development Report* (PDR) followed by *Annual Project Report* forms (APRs) for each project that you belong to.

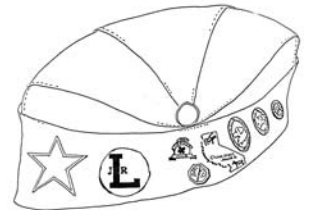
Primary Members (ages 5-8) only need to complete the *Primary Member PDR*, not the *Annual Project Report* forms.



## WHY SHOULD I COMPLETE A 4-H RECORD BOOK?

### EARN RECOGNITION FOR YOUR HARD WORK

You *must* complete a Record Book to earn stars and stripes for your 4-H hat. If you choose to compete in County Record Book Judging, you can earn additional medals as well.




### RECORD YOUR EXPERIENCES AND ACCOMPLISHMENTS

Record Books are a great way to keep track of what you've accomplished for use on future applications or documents. They're also a wonderful piece of family memorabilia!

### LEARN, LEARN, LEARN!

Studies show that the most effective way to learn is by reflecting on the work you've done. 4-H Record Books encourage reflection, as well as setting short and long term goals for continued growth.

## HOW DO I GET STARTED?

- Obtain the correct Record Book forms from your Community Club Leader or the 4-H Office, 781-5943.
- Look at examples of books from more experienced members in your club. 
- Use the *Sample PDR* (filled out) to help you enter your 4-H activities in the appropriate category. If you've forgotten what you participated in, try reviewing your calendar or asking other members.
- If you plan on submitting your book for County Record Book Judging, make sure that it includes all of the items listed on the *Record Book Check Sheet*. Primary Member Record Books are not eligible for county judging.



### MY 4-H RECORD BOOK IS DUE:

Each 4-H club has a different due date for Record Books, but most are in the month of June. Write your Record Book due date in the space above.

