**Howard County 4-H Food and Nutrition Project Record**

|  |  |  |  |
| --- | --- | --- | --- |
| Name |   | 4-H Age |   |
| Primary Club Name |   |
| Years in 4-H |   | Years in this Project |   |
| I have completed this record and believe all information to be complete and accurate. Member’s Signature Date Parent’s Signature Date |

|  |  |
| --- | --- |
| Project this record is about: |  |

|  |
| --- |
| What goals did you set for your project this year and did you achieve them? |
| 1.  |
| 2.  |
| 3.  |

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| What were two things you learned from completing this project this year? |
| 1.  |
| 2.  |

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| What is one thing you would like to improve or do differently with your project next year? |
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| **Life Skills** |
| Describe the Life Skills you used and what you learned in relation to your project.Example Table

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| --- | --- |
| **I used one or more of these Life Skills from the Targeting Life Skills Wheel** | **What I learned as a result of using this skill.** |
| **HEAD***Example: Decision Making* | *I learned that I needed to be sure to budget my money when purchasing craft supplies so I would have enough to cover all of my expenses.* |
| **HEART***Example: Sharing* | *I learned how to give younger 4-H members pointers on how to make a wreath through a visual presentation.* |
| **HAND***Example: Community Service Volunteering* | *Through my woodworking project, I have learned many new skills. I found it to be beneficial to my community to utilize those woodworking skills when volunteering to build a wheel chair ramp.* |
| **HEALTH***Example: Managing Feelings* | *I learned to control my feelings when I became frustrated that the new cake I baked didn’t rise. Since I didn’t have success with the new cake recipe, I am going to research other options that I could try.* |

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| --- | --- |
| **I used one or more of these Life Skills from the Targeting Life Skills Wheel** | **What I learned as a result of using this skill.** |
| **HEAD** |  |
| **HEART** |  |
| **HAND** |  |
| **HEALTH** |  |

 |

The diagram below shows many of the Life Skills learned in 4-H:



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| **Project Activities/Learning Experiences****Include: Field Trips, Meetings, Workshops, any Learning Experiences, etc.****All project activities/learning experiences listed should be about this project area only.** |
| --- |
| **Date** | **Name of Activity/Event/Learning Experience** | **What I Learned** |
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| **Project Communications****Include: Speeches, Demonstrations, Visual Presentations, Etc.All project communications listed should be about this project area only.** |
| **Date** | **Type of Communication** | **Title** | **Location****(School, Club, County, Regional, State, National etc.)** |
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| **Project Exhibits** **Include: Fairs, Shows, Community Events, Contests, etc.****All project exhibits listed should be for projects in this area only.** |
| --- |
| **Date** | **Exhibit/Class** | **Event/Activity** | **Placing****(if applicable)** |
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| **Table 1: Project Expenses****Includes: Ingredients, Paint, Wood, Fabric, etc.** |
| --- |
| **Date** | **Description of Item Purchased** | **Cost** |
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|   |   |   |
|   |   |   |
|   |   |   |
|   |   |   |
|   |   |   |
|   |   |   |
| **Total Expenses** |   |

| **Table 2: All Income****Includes: Premiums, Selling Project Work Items, etc.** |
| --- |
| **Date** | **Description of Income** | **Income Amount** |
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|   |   |   |
|   |   |   |
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|   |   |   |
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|   |   |   |
| **Total Income** |   |

**Financial Summary: Please make sure to use the above totals.**

Determine how much money you made or lost on your project.

You can determine your profit (or loss) by:

1. **Income**
2. Income Total (Table 2) $ \_\_\_\_\_\_\_\_

**Total Income (A) $** \_\_\_\_\_\_\_\_

1. **Expenses**
2. All Expenses (Table 1) $ \_\_\_\_\_\_\_\_

**Total Expenses (B)**  $ \_\_\_\_\_\_\_\_

**Subtract B from A to get profit or loss Total $** \_\_\_\_\_\_\_\_ **(profit or loss)**

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