

4-H activities and events I participated in (i.e. BLU, YELLO, CWF, 4-H CAMPS, State Fair, etc)	Summary of what I did

Other Activities (school, church, community and other organizations in addition to 4-H)	Summary of what I did

Offices Held (4-H, School & Community, current year)	Summary of what I did

Awards & Recognition	Summary of what I did

Sharing: List how I have helped or shared with others

How I helped or shared with others in my family & my club (i.e. chores, song leader, responsibilities)	Summary of what I did
How I helped or shared with others at school (organizations, honors, sports/activities and offices in which you participate)	Summary of what I did

Reflecting: Looking over my past year in 4-H

What was the most fun?	
What was my favorite project?	
What didn't work?	
What did I learn the most from?	
Who helped me?	
What would I do differently?	

After you have filled in the above portions of this form, print it and sign and date it. Feedback from others and additional signatures should be obtained on this document (below). If you like, you may add other things that tell your 4-H story (e.g. photos, drawings, a journal, clippings, etc.). Not to exceed 4 additional pages.

Your signature

Date

Supportive feedback from others:

Adult leader signature

Date