



OSCEOLA COUNTY FAIR  
KISSIMMEE VALLEY LIVESTOCK SHOW  
OSCEOLA COUNTY 4-H



HEIFER RECORD BOOK

PROJECT YEAR: \_\_\_\_\_

Circle 4-H level & age as of Sept. 1 of project year:

Junior (ages 8-10)      Intermediate (ages 11-13)      Senior (ages 14-18)

Tag #: \_\_\_\_\_

840 or registered #: \_\_\_\_\_

Exhibitor's Name: \_\_\_\_\_ Age (as of Sept 1 for project year): \_\_\_\_\_

4-H Club or Chapter: \_\_\_\_\_ Years in Project (for this animal area): \_\_\_\_\_

I hereby certify that as the exhibitor of this project, I have been personally responsible for the care of this animal, have personally kept records on this project for the current year, and have personally completed this record book **in my own handwriting**.

Exhibitor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, the parent/guardian, certify that **my child (the exhibitor)** has completed this project and this record book and will comply with all the Rules and Regulations of this fair.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Livestock Drug Statement: I/We hereby certify that any drug, antibiotic, or biological substance which may have been administered by myself, or any other person, was done so in strict compliance with the manufacturer's label requirements or as prescribed by a veterinarian.

Exhibitor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# IMPORTANT DATES

Record books are due on the day of steer/heifer weigh in to KVLS Heifer Committee . Please see the KVLS website for information on the Skill-A-Thon.

## MARKET ANIMAL RECORD BOOK CHECKLISTS

### NO PLASTIC SLEEVES ON PAGES



#### KVLS CHECKLIST

(Complete and sign this list before turning in to KVLS in January - listed as section numbers not page numbers)

- \_\_\_\_\_ **FOLDERS:** 4-H Green Project Cover or Plain Green Pronged folder
- \_\_\_\_\_ **KVLS SCORE SHEET**  
This is to be paper clipped inside front cover
- \_\_\_\_\_ **COMPLETED PAGES IN THE RECORD BOOK** (follow section numbers listed):  
[Cover page, Checklist, Project Expenses (Sections 1- 6) Breeding Record (7), Financial Summary (11 -Estimated Side), Knowledge and Skills Gained, Project Story, Project Pictures  
POINTS WILL BE DEDUCTED IF PAGES ARE OUT OF ORDER.

Look through your record book again and make sure each page is complete.

NOTE: See 4-H checklist for sections/book areas that need to be completed prior to turning in to 4-H after fair.

**Record Books MUST be completed by the exhibitor in their own handwriting.**

Sign below to verify that you have completed the above checklist.

Exhibitor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_



#### 4-H CHECKLIST

(Complete and sign after fair before turning in to 4-H in May)

- \_\_\_\_\_ **4-H GREEN PROJECT COVER or GREEN PRONGED FOLDER**
- \_\_\_\_\_ **SIGNED COVER PAGE**
- \_\_\_\_\_ **ALL PROJECT REPORT AREAS** The Show Record (9 - 10), Financial Summary (11- After Sale column), Project Goals, Demonstrations and Exhibits, Leadership and Citizenship, Certificates, Project Activities, and Meetings After Fair
- \_\_\_\_\_ **ACTIVITY LOG** (pg. 18) Signed by 4-H Leader
- \_\_\_\_\_ **CERTIFICATES** for Leadership, Citizenship, Demo/Talk, Community Service (club level)
- \_\_\_\_\_ **UPDATE ANY EXPENSES (LIKE FEED LOG), PROJECT STORY AND PHOTOS**

I personally prepared this report, and it is a true record of my 4-H project. Record books must be completed in member's handwriting.

Approval of this Report

4-H Member Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Record books are due to 4-H on Monday, May , 2026.

**Make sure you fill-in after fair information to receive maximum points.**

#### DEFINITION OF AN ACTIVE 4-H MEMBER

Youth are defined as active members of the Osceola County 4-H program if: the youth has enrolled in 4-H Online, paid the enrollment fee, if applicable, specified at least one project area and followed through by completing and turning in at least one 4-H project report, scoring at least 70 points, to the 4-H office by the determined due date. An active member also needs to attend club meetings regularly (attend more meetings than you miss) throughout the 4-H year and attend at least one club meeting after the fair.

**KVLS RECORD BOOK SCORE SHEET**  
**YOUTH HEIFER RECORD BOOK**

Name: \_\_\_\_\_ Age Level \_\_\_\_\_ JR \_\_\_\_\_ INT \_\_\_\_\_ SR

Club: \_\_\_\_\_ Project Area: \_\_\_\_\_

Paperclip this score sheet inside the front cover of your green project book cover. See instructions on page 2, under the KVLS checklist for information about required covers. Points will be deducted in each section for spelling and math errors.

**NO PLASTIC SLEEVES ON PAGES**

SECTION	COMMENTS	POINTS POSSIBLE	POINTS AWARDED	BONUS POINTS
COVER PAGE		7		
(1) ANIMAL EXPENSE		6		
(2) ANIMAL LOSS RECORD		4		
(3) NON-EQUIPMENT EXPENSES		8		
(4) EQUIPMENT EXPENSES		8		
(5) FEED EXPENSES		10		
(6) VETERINARY AND HEALTH EXPENSES RECORD		10		
(7) BREEDING RECORD		10		
(11) FINANCIAL SUMMARY		10		
KNOWLEDGE AND SKILLS GAINED		2		
PROJECT STORY		12		
PROJECT PICTURES		9		
NEATNESS		4		
JUDGES COMMENTS				
	SUBTOTAL	100		
	BONUS POINTS AWARDED			
	TOTAL POINTS AWARDED			

Osceola County 4-H Project Report Score Sheet

JR INT SR

Name: \_\_\_\_\_ Project: \_\_\_\_\_

Club: \_\_\_\_\_ Years in Project: \_\_\_\_\_

Points Earned	Possible Points	Criteria	Comments
<b>Section 1: Project Plans and Goals (5 points possible)</b>			
	5	<b>This is what I want to accomplish this year:</b> 1. Ability to set obtainable and relevant goals. 2. Goal should be in project area. 2 points off if not.	
<b>Section 2: Project Overview (35 points possible)</b>			
	9	<b>4-H Presentations:</b> 1. 3 points off if 1 presentation is NOT in project area 2. A minimum of 1 oral presentation related to your project work. 3. Expectations: JR-1, INT-2, SR-3	
	4	<b>Exhibit:</b> 1. Automatic 2 points off if one exhibit is NOT in project area 2. A minimum of one exhibit must be in your project area. 3. Two exhibits required	
	8	<b>Leadership:</b> 1. Automatic 2 points off if one is NOT in project area 2. A minimum of one leadership activity in your project area. 3. Expectations: JR/INT-2, SR-4	
	8	<b>Citizenship: NOT required in project area</b> 1. Expectations: JR/INT-2, SR-4	
	6	<b>Knowledge and Skills, I Gained:</b> 1. One item under each category should be checked.	
<b>Section 3: Project Attachments (60 points possible)</b>			
	10	<b>Financial Summary Page:</b> 1. All sections that are applicable should be filled out.	
	24	<b>Activities/Project Book: 4 points for each activity completed</b> 1. Completed required number of activities (six) outlined in the project as evidence of learning project skills. 2. Activity Forms can be submitted for an activity you completed. 3. Approved county level workshop certificates (with Agent signature) may be substituted as an activity. 4. Leader signature is acceptable for Market Animal projects.	
	14	<b>Project Story:</b> 1. Story portrays experiences with project work. 2. Answers required questions. 3. Meets length requirements (JR-4 paragraphs, INT-5 paragraphs, SR-6 paragraphs). 4. Shows a beginning, middle and end. 5. If a market animal project, includes information after fair. 6. See guidelines under Additional Project Attachments.	
	10	<b>Project Pictures:</b> 1. Automatic 3 points off if captions or dates are missing 2. Shows member actively engaged in learning experiences with their project (evidence of beginning, middle, & end, with captions & dates). 3 points are given for completion of each section. 3. Minimum of 3 photos & maximum of 20. (Max of 4 per page.) Separate out project, citizenship, and leadership pictures. 4. Printed photo collages are allowed.	
	2	<b>Club Meeting Attendance:</b> 1. Must attend meetings before fair (1-pt) 2. Must attend one meeting after fair (1-pt)	
	<b>100</b>	<b>Total Score</b>	

Evaluator(s): \_\_\_\_\_

**NOTICE TO PARENTS:** Parents may, and should, provide leadership and guidance for the exhibitor. However, the Record Book must be compiled and completed by the exhibitor in their own handwriting.

**CURRENT YEAR:** All information in this Record Book is to include those activities and events you have done this project year (beginning to end of project). Do not include information that you did last year or the years before, only include current information. Please list date in mm/dd/yy format for all pages. Project begins when animal is purchased.

**PLEASE READ PAGE 19 FOR INSTRUCTIONS ON HOW TO COMPLETE THE PROJECT STORY AND PROJECT PHOTOS SECTION.**

### **HELPFUL HINTS**

- Read the whole record book through before you start. You may want to make a copy of your record book to use as a rough draft.
- Keep your records up-to-date.
- If you need more pages, print them yourself and fasten them in the book.
- When items or supplies have been **donated** to you for use in your project, make sure to give the item or supply a value (dollar amount).
- Do not include materials in the Record Book that will add “bulk” (example: various scrapbook embellishments, such as buttons, eyelets, ribbons, dimensional stickers, letters, etc.) Use only “flat” stickers, photos, etc. **Do not place anything in plastic sleeves.**
- Do not confuse record book section numbers with designated 4-H section numbers. Financial summary refers to record book section numbers.

**NEATNESS:** You can use either a pencil or pen. You may either print or use cursive writing. You may use lined or plain papers for your story and picture pages. (Make sure there are no ragged edges). If you make a mistake, erase it completely, or use white-out to correct pen errors. Make your records as neat as possible. **THE ONLY SECTION THAT CAN BE TYPED ARE THE PROJECT STORY, PHOTO DESCRIPTIONS AND DATES MUST BE HANDWRITTEN (DATE MUST INCLUDE A YEAR).**

**ACTIVITIES (not graded by KVLS):** You are required to complete a total of six (6 ) activities for 4-H by May. There are 6 activities in the Skill-A-Thon book that will satisfy this requirement. Certificates for interactive activities and workshops issued by the Extension Office may count toward your six required activities. It is recommended that you complete the 6 activities provided in the Skill-A-Thon book to help prepare you for the Skill-A-Thon. Skill-A-Thon books can be found on the Osceola County Fair web site under navigation tab PARTICIPATE>LIVESTOCK>RECORD BOOK & SKILL-A-THON BOOKS.

**Before turning in to 4-H in May have your leader sign the Activity Page showing they have seen your six (6) completed activities OR include the complete activities in the record book in May (without getting the leader's signature).**

- To have an account of all your accomplishments in one place.
- Records point out the advantages and disadvantages of projects.
- Records reflect your interest as a 4-H/FFA member.
- Records show self-improvement and service to others.
- Records show others what you have done.
- By keeping records, this will train you for future work.
- Records can qualify you for contests, awards and scholarships.

### **WHY KEEP RECORDS?**

**(1) ANIMAL EXPENSE**

Complete the following chart for the animal you will show at the fair. If this animal was one you owned what is the value of your heifer (estimate). If purchased write the price you paid. Write all dollar amounts with two decimal places, rounded correctly (ex. \$500.00).

Project Animal Area	Breed	Date of Purchase mm/dd/yy	Price Paid
			\$

**(2) ANIMAL LOSS (DEATH/MORTALITY) RECORD**

Write N/A in the table below if this section does not apply to your project. If you started your project and your animal died and you replaced it with a new animal (like a spare), please fill in the following chart with your original animal's purchase information here, that you started the project with. DO NOT INCLUDE ANIMALS STILL LIVING THAT YOU ARE SHOWING IN AN OPEN SHOW.

Project Animal Area	Breed	Date of Purchase mm/dd/yy	Price Paid	Date of Death mm/dd/yy
			\$	

**(3) NON-EQUIPMENT EXPENSES**

Use this table for consumable items purchased this project year (ex. stamps for letters, film/developing, bedding/shavings, soap, grooming sprays, fly traps and sprays not used directly on your animal, etc.). If there are no non-equipment purchases this project year, write \$0.00 on the Total Cost line. If an item has been donated, make a note, and give the item a value/cost. Write all dollar amounts with two decimal places (ex: 10/13/25 Rescue Reusable Fly Trap \$3.99).

Date Purchased mm/dd/yy	Item	Cost
<b>TOTAL COST OF NON-EQUIPMENT EXPENSES</b>		<b>\$</b>



**(5) FEED EXPENSES**

Use this table to list all of your feed expenses (grains/minerals, etc.), hay (shown as bales not pounds), treats (marshmallows, etc.), supplements, or any consumed feed item your animal ate during this project. If an item has been donated, make a note, and give the item a value/cost. Write all dollar amounts with two decimal places, rounded correctly (ex. \$64.35) Write weights in pounds with ounces (if not a whole pound amount, ex. 13 lbs. or 7.25 lbs.). List feed items (if different types) separately even if purchased on the same date (i.e. do not list feed and hay on the same line).

Before you turn in to KVLS in January, include estimated dates and amounts for feed purchases that will/may be made after record books are turned in. Make a note beside the dates that these are estimated amounts (**write EST**) or **write that THIS AMOUNT WILL GET YOU THROUGH FAIR**. Include these amounts in your total. Before you turn in to 4-H in May, replace estimated amounts with actual feed purchases through the fair. Remember to recalculate your totals.

Date Purchased mm/dd/yy	Feed Item Description	Total Pounds of Feed	Hay Bales (Quantity)	Total Cost
Add all amounts to get a total for each column. If you need additional space, print out a new page. Include subtotals on this page and the additional pages. <b>Make a note beside purchases that are estimated to be purchased between KVLS record book turn-in and fair (write EST or notate in margin).</b> <b>COLUMN TOTALS</b>		4A		4B



(9)

### BREEDING RECORD

Please complete this section (even if your heifer has not been bred or had a calf). Estimate a weight when exposed. If your animal wasn't bred please check the line for breeding and enter N/A in calving record. If bred please fill out the table below and if calved, please enter the calving information. Please circle method used for breeding. Enter an estimated weight for fair check-in and record the weight below before turning books in to KVLS. Complete actual weight amount before turning books in to 4-H in May.

Did you breed your heifer this project year?  Yes  No (if No skip to calving record)

Female (Dam)	Male (Sire)	Breeding Method	Exposure Date	Calving Due
Name	Breed	Artificial Insemination	AI Date:	Date:
Breed	ID #	Pasture	Pasture:	
Tag #	Age		Begin Date	
Age			End Date	
Weight (when Exposed) lbs				

#### PROJECT HEIFER WEIGHT

Estimated Weight (at fair check in) = \_\_\_\_\_

Actual Weight (at fair check in) = \_\_\_\_\_

### CALVING RECORD

If heifer does not have a calf during the project year please write N/A in the table below. Enter the estimated value of the calf at birth (use the formula of weight x \$0.75) Ex: Calf weighs 45 lbs which would be 45 x \$0.75 = \$33.75 .

Date Calved	Sex of Calf	Weight of Calf	Value of Calf (at birth)	Any Calving Issues
		lbs	\$	<input type="checkbox"/> Yes (if Yes explain) <input type="checkbox"/> No

#### ESTIMATED ANIMAL VALUES (see formulas at bottom of page)

Complete this section before turning books in to KVLS in January.

(BRE-a) Estimated Value of Project Heifer (Bred or Unbred)\* = \$ \_\_\_\_\_

(BRE-b) Estimated Value of Calf Born (if born prior to record book turn in in January. Use estimated calf weight x \$0.75)= \$ \_\_\_\_\_

(BRE-c) Estimated Total Value of Project Animal(s) (Add (BRE-a + BRE-b = BRE-c) \$ \_\_\_\_\_

#### ACTUAL ANIMAL VALUES

Complete this section before turning books in to 4-H in May

(BRA-a) Actual Value of Project Heifer (Bred or Unbred)\*\* = \$ \_\_\_\_\_

(BRA-b) Actual Value of Calf Born (if born prior to record book turn in in May. Use actual calf weight x \$0.75) \$ \_\_\_\_\_

(BRA-c) Actual Total Value of Project Animal(s) (Add BRA-a + BRA-b = BRA-c) \$ \_\_\_\_\_

\*Estimated Value of Project Heifer = \$1.50 x Estimated Weight at fair weigh in

\*\*Actual Value of Project Heifer = \$1.50 x Actual Weight at fair weigh in

**THIS PAGE IS TO BE COMPLETED AFTER THE FAIR**

**(10) SHOW RECORD**

Complete the table below with information about the show you participated in at the fair as well as any awards/recognitions you earned. This is to be completed in May, after the fair.

SHOW DATE mm/dd/yy	ASSIGNED CLASS	PLACE/RIBBON/OVERALL CLASS PLACING

**AWARDS RECEIVED**

Check all that apply and then write your placing on the line beside the award.

- Record Book \_\_\_\_\_
- Showmanship \_\_\_\_\_
- Skill-a-thon \_\_\_\_\_
- Fitting and Grooming \_\_\_\_\_
- Premier Exhibitor \_\_\_\_\_
- Round Robin \_\_\_\_\_
- Other \_\_\_\_\_

<b>(10a) TOTAL PREMIUM MONEY FOR AWARDS RECEIVED</b>	<b>\$</b>
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**(11) FINANCIAL SUMMARY**

Calculate your profit or (LOSS) on this page. Use the section numbers (NOT PAGE NUMBERS) from your record book, as indicated below. Enter the amounts below, then calculate the Total Receipts/Income and Total Expenses. Make sure all amounts are shown with 2 decimal places. If an amount is zero, please write as \$0.00. DO NOT LEAVE ANY AREAS BLANK ON BEFORE SHOW SIDE (Write 0.00 if there is no amount to record). All amounts should end in a decimal (ex. write

RECEIPTS/INCOME	BEFORE SHOW	AFTER SHOW
1. Animal Value Total Animal Inventory [BRE-c - USE ESTIMATED AND THEN ACTUAL FOR THIS]	1	
2. Additional Income [Section 10a] Premiums Paid (fill in after show)	#2 fill in After Show side following fair 2	
<b>3. TOTAL RECEIPTS/INCOME</b>  Before Sale: Line 1 = Line 3 After Sale: Line 1 + Line 2 = Line 3	3	

EXPENSES	BEFORE SHOW	AFTER SHOW
4. Animal Expense [Section 1]	4	
5. Animal Loss Record [Section 2]	5	
6. Non-Equipment Expenses [Section 3]	6	
7. Equipment Expenses [Section 4]	7	
8. Feed Expenses [Section 5]	8	
9. Veterinary and Health Expenses [Section 6]	9	
<b>10. TOTAL EXPENSES</b> Before Sale: Add Lines 4 through 9 = Line 10 After Sale: Add Lines 4 through 9 = Line 10	10	

	BEFORE SHOW	AFTER SHOW
<b>11. TOTAL PROFIT OR (LOSS)</b> Subtract Total Expenses from Total Receipts/ Income Line 3 – Line 10 = P or (L) If a Loss, to be indicated with parenthesis, ex. (\$355.48)	11	



## **4-H Section 1: Project Plans and Goals**

Complete this section at the beginning of your project.

**This is what I want to learn this year (choose two project goals):**

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**This is what my leader/adult agreed to help me do:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Leader/Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## 4-H Section 2: Project Overview

**Presentations, Exhibits, Leadership, and Citizenship are not a KVLS requirement (KVLS will not grade) and should be filled out and turned in with record books to 4-H in May.**

### Presentations

List your 4-H Presentations (demonstrations and illustrated talks). This is an opportunity to tell others about your 4-H project. Some examples of places that 4-H Presentations can be done are at 4-H club meetings, County Events, District Events, school, etc. Presentations should not occur at home. If your club meets at your home, write club meeting as the location. **If listed in Presentations section, they cannot be listed in Leadership Section. 4-H requirement: Three points will automatically be deducted if NO presentation is listed in project area.**

**4-H REQUIREMENTS: Juniors: 1 presentation Intermediates: 2 presentations Seniors: 3 presentations** complete by May turn-in, at least one presentation should be project related for each age level.

DATE	PRESENTATION TITLE/ PROJECT AREA	LOCATION
Ex: 11/30/25	Different Dog Breeds/ Dog	4-H County Events, Osceola Extension, Kissimmee

### Exhibits

Exhibits are an opportunity for you to **show what you learned within your 4-H project**. This may be done by exhibiting something in the fair (for example showing your animal, participating in Fashion Revue, creating a game board, project tabletop) or through a contest (for example Marine Ecology, Consumer Choices, showmanship at Fair, showing at a prospect show).

**4-H REQUIREMENT:** All Exhibitors: Minimum of 2 Exhibits, one MUST be project related.

DATE	PROJECT AREA/ EXHIBIT	LOCATION
Ex: 02/10/26	Hog/ Junior Showmanship	KVLS Livestock Pavillion, Kissimmee

## Leadership

Leadership is defined as any time when you **teach or lead others**. Keep in mind that sometimes a demonstration can be considered leadership. This is only if the audience is also doing the task at the same time. **If it is listed in the demonstration/presentation section, it cannot be listed for leadership.** PLEASE LIST EACH LEADERSHIP ACTIVITY SEPARATELY.

Examples: camp counselor, club officer, show others how to groom an animal, Farm City Ambassador, etc.

Two points will automatically be deducted if NO leadership is listed in project area.

- 4-H REQUIREMENTS:**
- Juniors & Intermediates: 2 Leadership Activities, 1 MUST be project related.
  - Seniors: 4 Leadership Activities, 1 MUST be project related.

DATE	DESCRIPTION OF ACTIVITY	YOUR ROLE
Ex: 11/13/25	Lead a workshop on grooming	Taught others how to clip a steer for a show.

## Citizenship/Community Service

Citizenship is anytime you have **helped others**. Did you help someone out? Did you donate something? Did you help the environment? Did you volunteer or donate your time to something you didn't personally benefit from? PLEASE LIST EACH CITIZENSHIP ACTIVITY SEPARATELY. Example: helping a friend build a hog pen, help pick-up litter, or donating your old show shirt to a 4-H member.

- 4-H REQUIREMENTS:**
- Juniors & Intermediates: 2 Citizenship/Community Service Activities
  - Seniors: 4 Citizenship/Community Service Activities

DATE	DESCRIPTION OF ACTIVITY	YOUR ROLE
Ex: 10/15/25	Volunteered with Heavenly Hooves at Lake X Show	Helped give pony rides

**\*Even if including a certificate chart from your leader in the back for presentations, leadership, or citizenship; these pages still need to be handwritten by the exhibitor. Extra items may be added (handwritten) on a separate page.**

# Knowledge and Skills I Gained

KVLS & 4-H Requirement- please check at least one item in each of the four H's. You may check more than one item

There are many things to learn in 4-H. Check each item below that you learned or improved in 4-H during the past year.

*I learned or improved my ability to...*

## HEAD (*Independence*)

- try something new
- set goals for myself
- plan a project
- keep myself organized
- keep track of finances
- keep records of my work
- gain knowledge of my project
- get more information about something interested in
- use resources wisely
- participate in a business meeting
- run a business meeting
- make wise choices and decisions solve problems
- learn from my mistakes
- understand that it's ok to change my mind if I need to
- pay attention to instructions

## HANDS (*Generosity*)

- work with others
- work within a group
- work within a committee
- work with adults
- get past differences to reach a goal
- help others to succeed
- make something with my hands
- explore a career I am interested in
- follow directions
- lead others
- find ways to make a positive contribution to society
- understand the importance of community service
- see that my efforts can make a difference
- take the initiative to start something on my own

## HEART (*Belonging*)

- speak confidently in front of a group
- give a public presentation
- share my feelings or point of view
- make myself understood without being loud
- listen to other people
- respect someone else's feelings
- resolve differences of opinion
- appreciate my cultural heritage
- accept people who are different from me
- get along with other kids
- make others feel welcome
- stand up for others
- make new friends
- appreciate the importance of friendships in my life

## HEALTH (*Mastery*)

- understand my strengths and weaknesses
- finish something I started
- be proud of my accomplishments
- accept change
- see that my character can affect a situation
- take responsibility for my own words and actions
- deal with winning and losing gracefully
- be careful and practice safety
- appreciate the importance of good health
- stay healthy
- feel good about myself

Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 4-H Section 3: Project Attachments

Due to 4-H in May, NOT a KVLS requirement

### 4-H Project Book/ Activities

(ONLY for 4-H Members)

Please list the six activities you completed in your 4-H project area (even ones on attached Activity Form). If activities were completed in group setting, please attach certificates with County Agent signature. There must be at least six activities—these can be within the Skill-A- Thon book, activity certificates, or a combination of book and activity certificates.

**Before turning into 4-H in May, complete the table and have your leader sign\* the bottom verifying they have seen the six (6) completed activities listed.**

Only complete the **Activity Form** (next page) for the following:

- a workshop (if no certificate was given) - a certificate should be included if you received one and you should record the activity on the table below
- a prospect show you attended or participated in that was not put on by 4-H/KVLS
- any activity completed outside of the record book (attach pictures if no certificate)
- **Do not do the attached Activity Form for activities found in the Skill-A-Thon study guide.)**

The purpose of the Activity Form is to share what you learned. A form is included, make multiple copies if needed.

Examples: • Steer Parts, 10/1/25, Page 17

- Steer identification plate, 12/3/25, Activity Form and picture page 25
- Pin the parts on the hog, 1/7/26, Certificate from club leader (activity done at a club meeting)
- Goat Workshop, 11/25/25, Activity Form and certificate

<b>Activity</b>	<b>Date (mm/dd/yy)</b>	<b>Page #/Certificate/Activity Wks</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>4.</b>		
<b>5.</b>		
<b>6.</b>		

**\*Leaders please sign that you have seen the completed activities after books are returned**

**from KVLS. Leader's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_\_**

**Please see KVLS website to access the Skill-A-Thon page activities.**



# **Osceola County 4-H Record Book Activity Form**

(ONLY USE IF YOU DO NOT HAVE PROOF OF AN ACTIVITY  
ie: CERTIFICATE, ACTIVITY PAGES, ETC.)

Do not complete this form for Skill-A-Thon activities.

What activity did you complete (title) and when (date)?

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What did you learn?

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How did this activity help you with your project? \_\_\_\_\_

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## Additional Project Attachments

Project Story can be typed (Double Spaced Lines, 12pt font; choose Arial or Times New Roman. Points will be deducted if format is not followed, expectations listed below are not covered in the story, or length is not met). If the story is handwritten it should be in the exhibitor's handwriting. A rough draft can be included, but is not required.

Please only type or handwrite on one side of the paper. The story should be long enough to cover the work that you have done in the project. Make sure to include the beginning, middle, and an end.

Project Story: Create a story of your project experiences.

### Required Project Story Components

<b>JUNIORS</b>	<b>INTERMEDIATES</b>	<b>SENIORS</b>
<ul style="list-style-type: none"> <li>- Project story introduction(2 pts)</li> <li>- What goals did you set and how could you reach them by fair (3 pts)</li> <li>- What you learned (2 pts)</li> <li>- What you liked most (2 pts)</li> <li>- Length (3 paragraphs minimum - at least three complete sentences each - for KVLS in January) (3 pts)</li> <li>- Add post-fair paragraph for 4-H in May (2 pts)</li> </ul>	<ul style="list-style-type: none"> <li>- Project story introduction (2 pts)</li> <li>- What goals did you set and how could you reach them by fair (2 pts)</li> <li>- List problems you encountered and how you learned to overcome the problems (2 pts)</li> <li>- What you would do differently in the project (2 pts)</li> <li>- Length (4 paragraphs minimum - at least five complete sentences each - for KVLS in January) (4 pts)</li> <li>- Add post-fair paragraph for 4-H in May (2 pts)</li> </ul>	<ul style="list-style-type: none"> <li>- Project story introduction (2 pts)</li> <li>- What goals did you set and how could you reach them by fair AND another accomplishment you had during the project (3 pts)</li> <li>- List problems you encountered and how you learned to overcome the problems (2 pts)</li> <li>- Length (5 paragraphs minimum - at least five complete sentences each - for KVLS in January) (5 pts)</li> <li>- Add post-fair paragraph for 4-H in May (2 pts)</li> </ul>

**Project Photos: NO TYPED PHOTO DESCRIPTIONS or DATES, these should be done in the Exhibitor's handwriting.** Attach 3 (Minimum) to 20 (Maximum) photos of you during your project with descriptions for each photo and dates. In the description **EXPLAIN** what you are doing. An automatic 3 points will be deducted if descriptions or dates are missing or typed. Date should include the year.

Show progress of you and your market animal together during your project. Include a beginning (when acquired), middle (throughout project), and end (prior to fair for KVLS [Dec/Jan] and after fair for 4-H). Pictures should not be selfies. You need to be in the photos, and you need to be doing something project related. (Ex: feeding your goat = pouring feed into the pan, both exhibitor and animal are in photo)

You may also include pictures of your citizenship and leadership activities, and these do not count towards the limits on your numbers of photos (3 minimum, 20 maximum). These also do not count toward your project photos (unless the activity directly relates to your project). Flat stickers are acceptable, but do not include bulky scrapbook accessories! Digital photo collages are acceptable (4 photos max per page - each picture in the collage counts as 1 photo for photo section). No 3-D items. Duplicate photos will be counted as one photo. No sleeve protectors allowed on photos, points will be deducted.





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KVLS Record Book Committee & Heifer Committee

Record Book Revised June 2025