  
2023-2024

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| **Project:** | **Name:** |
| **Unit Number**  **and/or Title:** | **4-H Club:** |
| **Year in this Project:**  (include current year) | **County:** |
| **Age Group (check one):**   Junior (8-10)   Intermediate (11-13)   Senior (14-18) |  |
| **Birthdate:**  (mm/dd/yy) |  |
| **4-H Age:**  (As of December 31, 2023) |  |

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| *Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at Colorado4h.org.* | |
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| *I declare that the information in this book is correct, and all 4-H requirements have been completed to the best of my knowledge.* ***(This should be signed at the end of the project.)*** | |
| Member’s Signature | date |
| Leader’s Signature | date |
| Parent/Guardian  Signature | date |

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**Project Goals**

**(*To be completed at the first meeting or at the beginning of the 4-H year.*)**

Identifying goals and how you are going to reach those goals is important to help you become more skilled and knowledgeable about your project. Personal goals are statements that indicate what you want to achieve or improve upon. You might begin by asking yourself, “What do I want to accomplish this year by taking this project?” Answering that question will help you identify your annual personal goal(s). Once you decide on a goal, then you need to plan a “To Do” list. You might think of this “To Do” list as those things you can learn or do to help you reach that specific goal. **\*Remember to use complete sentences.**

In the space provided below, **Junior members must record at least one project goal. Intermediates – at least two goals, and Seniors – at least three goals.** For each goal listed, members must record at least three “To Do” items that would help them to accomplish that goal. If you have more than three goals, insert additional copies of this page as needed.

For example, a Junior member taking a woodworking project might write:

*Goal 1: Learn to sand and finish a wood piece.*

*“To Do” list: 1) Learn to operate and maintain block sander. 2) Observe a knowledgeable woodworker in action. 3) Visit a furniture factory to see how sanding and finishing is done. 4) Tell my parents that I want to do my own work in preparing my project for exhibit.*

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| Goal 1: |
| “To Do” list to reach the goal: |
| Goal 2: |
| “To Do” list to reach the goal: |
| Goal 3: |
| “To Do” list to reach the goal: |

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| How I Participate in 4-H! | | | | | | |
|  | | | | | | |
| **Categories of Participation** | | **Total This Year** | **Description/Project Title** | | | |
| **What 4-H projects are you taking this year?** | |  |  | | | |
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| **What activities helped you learn the skills for this project?** (project meetings, workshops, classes, contests, etc.) | |  |  | | | |
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| **What leadership**  **development experiences did you participate in?**  (club/district/state/officer, committee chair, LDC, CLC, YouthFest, State Conference, Jr./Teen leader, pledge leader, etc.) | |  |  | | | |
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| **4-H** | **Date** | | **Hours** | **Activity/Title** | | **Location** |
| **Citizenship/**  **Community Service** |  | |  |  | |  |
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|  | |  |  | |  |
| **Demonstrations/**  **Presentations/**  **Speeches** |  | | N/A |  | |  |
|  | | N/A |  | |  |
|  | | N/A |  | |  |
| Project Expense and Income/Value | | | | | | |
| *Expenses:* ***Juniors only****, figure the cost of the specific ingredients and materials use for your final exhibit item or display board. Label the item “Exhibit” or “Board”. You can add a more specific name.* ***Intermediates/Seniors****, list items* ***purchased*** *this year for your project, such as tools, ingredients, class fees, etc. (More pages can be added if needed.)* | | | | | | |
| **Item** | | | | | **Project Expenses** | |
|  | | | | | $ | |
|  | | | | | $ | |
|  | | | | | $ | |
|  | | | | | $ | |
| **TOTALS** | | | | | $ | |
| *Income or Value:* ***Intermediates/Seniors Only*** *1. List practice items you made--like cakes, cookies, bags, room decorations--and estimate the value by comparing it to a similar item you could buy. 2. Record the value of your exhibit item by comparing it to a similar item you could buy.* ***Display boards have no value.*** *3. Record the amount of money you received for any items you* ***sold*** *as Income.* | | | | | **Income or Value** | |
|  | | | | | $ | |
|  | | | | | $ | |
|  | | | | | $ | |
| **TOTALS** | | | | | $ | |

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| Return on Investment  **Intermediate and Senior Members**  Every day we make decisions about where to spend our time and money and what activities we want to continue. Ask yourself: How did I benefit from this project? What knowledge and skills did I gain from the project? Did I enjoy it? Was it worth the expense? Could I spend money more wisely the next time? Is it worth doing again? Do I want to learn more? |
| 1. What knowledge and skills did you learn that you can use again? |
| 1. How could you use your new skills to save money or to make money? |
| 1. If you made a product to sell, how would you decide a price for your product? |

**Cake Decorating Information**

Please include photos or drawings of the required cakes, cupcakes, cookies and/or molds on a separate sheet and include in your e-record binder. Patterns or diagrams for all required cut-up cakes must be included in your e-record binder. Requirements have changed so please check the list below for the correct number of required cakes, cupcakes, cookies and/or molds. In the table below,

**Unit 1** –5 cakes required – 4 practice cakes and one exhibit cake and all must be real cakes.

**Unit 2** –5 cakes required – 4 practice cakes and one exhibit cake and all must be real cakes.

**Unit 3** – 5 cakes required – 4 practice cakes and one exhibit cake and all must be real cakes.

**Unit 4** –4 cakes required – 3 practice cakes and one exhibit cake and all must be real cakes.

**Unit 5** – **Small Treats-Cupcakes** –4 batches of cupcakes – 3 practice batches and one exhibit batch and all must be real.

**Unit 5** – **Small Treats-Cookies** – 4 batches of cookies – 3 practice batches and one exhibit batch and all must be real.

**Unit 6** – 4 cut-up-cakes – 3 practice cut-up-cakes and one exhibit cut-up cake and all cakes must be real.

**Unit 7** – 4 total cakes – 3 practice cakes and one exhibit cake. At least 2 of the 4 cakes must be real.

**Unit 8** –4 total cakes – 3 practice cakes and one exhibit cake. At least 2 of the 4 cakes must be real and 2 covered in Fondant.

**Unit 9** –4 total cakes – 3 practice cakes and one exhibit cake. At least 2 of the 4 cakes must be real.

**Unit 10** – 4 total cakes – 3 practice cakes and one exhibit cake. At least 2 of the 4 must be real.

**Unit 11** – 4 total molds – 3 practice molds and one exhibit mold. At least three different edible materials are used.

**All cakes, cupcakes or cookie batches or molds must be made by the 4-H member.**

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| **Requirements for the different cake units.**  (In the table, record the occasion for cake or cupcakes, if it was a real cake or cupcakes, cookies or cake form, size of cake or shape or type of mold, techniques and tips used, edible materials used, cost of a similar cake, and any problems that you had) | **Cake 1 or Cupcake or Cookie Batches**  **Molds** | **Cake 2 or Cupcake or Cookie Batches**  **Molds** | **Cake 3 or Cupcake or Cookie**  **Batches**  **Molds** | **Cake 4 or  Cupcakes or Cookie**  **Batches** | **Exhibit Cake or Cupcakes or Cookies Batches**  **Molds** |
| Occasion for Use |  |  |  |  |  |
| **Real cakes** (Units 1-3)  **Real Character Cakes** Unit 4  **Real Cut-Up Cakes** Unit 6  **Four batches of Real Cupcakes**  Unit 5  Four batches of Cookies – Unit 5  Unit 7 – Cake or Cake Form – **at least 2 of the 4 must be real cakes**  Unit 8 – Cake or Cake Form – **at least 2 of the 4 must be real cakes –** Exhibit cake must be covered with fondant.  Unit 9 – Cake or Cake Form – **at least 2 of the 4 cakes must be real.**  Unit 10 – **at least 2 of the 3 cakes must be real.** Forms are preferred for the exhibited cake  Unit 11– at least 3 different edible molds |  |  |  |  |  |
| Size (8, 9, 10, 9 x13 cake pans)  Shape (character or cut-up cakes)  Molding materials (at least three different molding or shaping materials) |  |  |  |  |  |
| Pattern(s) used for practice cakes for Unit 6. Pattern must be included in e-record for exhibited cake. |  |  |  |  |  |
| Techniques Used |  |  |  |  |  |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| Edible materials  (Units 1,5, & 6) |  |  |  |  |  |
| Cost to buy similar cake, cupcakes  Cost of materials (Molds Unit 11) |  |  |  |  |  |
| Any problems you had |  |  |  |  |  |

**Include a drawing or pictures of the required cakes. (Check the requirements for the specific number.) You may use additional pages.**

**Patterns or diagrams for Cut-Up Cakes (Unit 6) must be included in the e-record.**

**Goal Evaluation - How Did You Do?**

Look back at the goals you listed on page two at the beginning of the year. How did you do? Did you meet the goals that you set for yourself on page two? List your goals below. Using a scale from 5 to 1, rate how you feel you did on each goal. Also, give a short explanation of why you think you deserve the rating you gave yourself. If you created more than three goals, insert additional copies of this page. **\*Remember to use complete sentences.**

**“How Did You Do?” Rating Scale**

**Extremely Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Extremely Dissatisfied  
 5 4 3 2 1**

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| Goal 1: |
| Rate how you did (Circle): 5 4 3 2 1 |
| Explanation: |
|  |
| Goal 2: |
| Rate how you did (Circle): 5 4 3 2 1 |
| Explanation: |
|  |
| Goal 3: |
| Rate how you did (Circle): 5 4 3 2 1 |
| Explanation: |

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| Photographs from your 4-H Project |
| *A minimum of four pictures with a descriptive caption for each is required. Additional photos can be added. Pictures must be project-specific.* |

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| 4-H Story |
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| Length and Format Guidelines  *You can type or hand-write your story. If you hand-write the story, use pencil or ink on lined white notebook paper.*  *If a computer is used to write the story, use plain white paper with no smaller than 12- point font.*  *Leave wide enough margins so the story can be read if inserted into a report cover.*  *Limit your story to a maximum of two (2) pages.*  *Story can be single or double-spaced as long as it does not exceed two pages.*  *Younger members may want to double-space their story so you can see what you are writing.*  *Be sure to use proper grammar and sentence structure.*  *Edit your story when finished. Check your spelling.*  *Have someone else read your story.* |
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| The following questions may help you in composing a story specifically related to your project:  Why did you choose this project?  What goals did you set and which ones did you reach?  What are your 4-H goals for next year?  What would you do differently if you were to try it again?  What skills have you learned in the program?  Have your projects grown in size and scope?  Were any adults or other 4-H members especially helpful to you? How?  Has 4-H helped you become a better leader and citizen?  What has being a 4-H member meant to you? |