Lincoln County
4-H Project Record

Health Project

Name:	
Years in Project:	Years in 4-H:

Planning:

Explain what you would like to do and learn while completing this project. Be sure to tell why you choose to work on this project this year.

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Ways You Received Help This Year Include: (check all that apply)

	Attended project training offered in the county
	Attended project training offered at District or State Level
	Guidance from 4-H Leader
	Guidance from Parent
	Reading and use of literature, books, audio visual resources
	Guest presenters
	Own knowledge
	Help from friends/other youth
	Other (describe)

Sharing

How did you share what you learned with others? (Demonstrations, community service, talking to local clubs, helping other youth, Project Discovery Day, district shows, State Fair, Clothing Revue, etc.) **Do not** include Lincoln County Fair.

Date	Activity	Location

Lincoln County Fair Exhibit Record for This Project

What was exhibited	Placing

Financial Statement

Summarize, totaling all expenses for each project/outing. List any new tools, equipment, materials or supplies, travel costs, any related fees (exhibit or entry fees), etc.

Date	Description of Expense	Total
1/1/2008	*Supplies for First Aid Kit*	*$23.73*
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
		$
	Total Project Expenses	$

Summary of Finances

Total Project Expenses		$
Fair Premiums (if any)	—	$
Total Project Cost		$

Reflecting

- Considering the things you wanted to "do and learn", what did you do and learn?
- The following questions are to guide your thinking as you reflect on the past year in this project. These questions are not meant to be answered by you in a list format. Think about: What didn't go as planned? What did you do about it? What did you learn as a result? What would you do differently? What did you learn about yourself? What skills did you learn? How will you use these skills in other areas of your life? What kind of interaction with adults did you have? How did this help in learning about your project?
- Add a page(s) with pictures or drawings. Pictures or drawings must be captioned.

Revised 1/2008