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| **2022-2023** |
| **Texas 4-H Record Book Report Form** |
| **SECTION I – 4-H PROJECT EXPERIENCES** |
| *4-H Project Summary and Learning Experiences – What is your project? How did your project change or grow? What have you done and what have you learned? You can include learning experiences gained in other youth/community organizations but applicable to the 4-H project. Individually-directed project learning experiences are also acceptable.* ***Include up to 4 projects, current year and up to three preceding 4-H years (up to two preceding years for Juniors). Maximum page limits: Junior - 3 pages; Intermediate – 3 pages; Senior – 4 pages.***  |

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| **Health & Wellness** |
| **Activity** | **Learned** | **Effort** |
| **2022 - 2023** |
| Health & Wellness Ed. Pres  | How to evaluate a horse in a halter class: Balance, Structure, Quality Muscling, etc.  | Four 1 hour long practices |
| Horse Judging Contest | Applied what I learned in practice to increase my haler class scores.  | 3-hour contest (HLSR, SALE, and TAMU Virtual |
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| **2021 – 2022**  |
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| **2020 - 2021** |
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|  |  |  |
| **2019 - 2020** |
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| **Food Nutrition -1 year** |
| **Activity** | **Learned** |
| **2021 – 2022** |
| *Practices Attended**
 |  |
| *Contest Attended** Tom Green 4-H Invitational Food Challenge
* Tom Green 4-H County Food Challenge
* District 7 Food Challenge
* San Angelo Stock Show & Rodeo Food Challenge
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| **2020 – 2021** |
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| **2019 – 2020** |
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|  |  |
| **2018 - 2019** |
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| Food & Nutrition | Affected | Level | Hours |
| **2021 – 2022** |
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|  |  |  |  |
| 2020 - 2021 |  |  |  |
|  |  |  |  |
| 2019 - 2020 |  |  |  |
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**Beef**

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| **Activity** | **What I learned?** | **2018-2019** | **2019-2020** | **2020-2021** | **2021-2022** |
|  |  |  |  |  |  |