Martin County 4-H HEIFER Record Book

4-H Member Name: _____

4-H Club Name: _____

Age as of September 1: _____

Check one: ☐ Cloverbud (5-7) ☐ Junior (8-10) ☐ Intermediate (11-13) ☐ Senior (14-18)

Number of years in 4-H: _____

Member's Parent/Guardian Name: _____

Member's Contact Phone Number: _____

Member's Contact Email Address: _____

Ethics Certificate Number: _____

Circle one: Beef   Dairy

I hereby certify as the exhibitor of this project that I have personally kept records on this project and have personally completed this record book.

_____   _____
Member's Signature   Date

This youth is an active member of the _____ 4-H Club.
This record book has been completed by the youth and is an accurate record of the project.

_____   _____
4-H Club Leader's Signature   Date

4-H Heifer Project Agreement

Complete this page before beginning your project.

I, the 4-H member, am responsible for caring for my project animal. This includes providing food and water, health care, a living area, washing and grooming, and any other needs my project animal may have. I will use this project as an educational tool to learn skills used in the livestock industry. This project will also help me accept successes and failures through this learning experience. I will keep accurate records on my project animal and the processes I use.

_____   _____

Member's Signature   Date

I/We, the parent(s)/guardian(s), will provide encouragement, assistance, and financial help while my/our child is raising the 4-H project animal and completing his/her 4-H project.

_____   _____

Parent/Guardian Signature   Date

I, the 4-H Club Leader, acknowledge _____
is partaking in this 4-H project and I will provide resources, support, and direction to him/her.

_____   _____

4-H Club Leader Signature   Date

<u>Drug Statement</u>

I hereby certify that any drug or antibiotic which may be administered by me or any other person will be done so in strict compliance with the manufacturer's label requirements or as prescribed by a veterinarian and I will adhere to all withdrawal periods.

_____   _____

Member's Signature   Date

Purpose of a 4-H Heifer Project

The purpose of a 4-H Heifer project is to achieve the following:

- To acquire an understanding of the beef/dairy industry by preparing for, purchasing, caring for, and keeping records on one or more head of animals.

- To correctly identify the types and breeds of beef/dairy animals, heifer anatomy, diseases, and ailments and know how to treat them.

- To employ efficient methods of marketing and exhibiting heifers.

- To understand the business aspects and economics of purchasing livestock, feed, facilities, and equipment as an animal science project.

- To develop integrity, sportsmanship, and cooperation.

- To develop leadership abilities, build character, and assimilate skills needed to become a responsible citizen.

4-H Club Requirement for Your 4-H Heifer Project

- Uphold the 4-H Pledge.

- Maintain records throughout the project and complete this record book.

- Remain in good standing as a 4-H club member.

- Assist with any additional activities set by your Club Leader (such as fundraisers).

GOALS AND ACHIEVEMENTS FOR YOUR PROJECT

Talk with your club leader to set some goals at the beginning of your project. Your 4-H Club Leader will help you select goals which are appropriate for your age, your experience, and your interests. Goals should include all aspects of your project or 4-H activity. Choose goals which will be challenging, yet attainable. As you achieve certain goals ask your leader to initial and date those goals. At the end of your project, compare your goals with your achievements.

Some suggested goals have been added. Feel free to remove or edit them and replace with your own goals.

What I plan to do √	GOAL	Date Achieved	Leader's Initials	Comments
	Raise my animal(s) to a marketable age and size.			
	Exhibit my animal(s).			
	Learn how to groom and care for the health of my animal.			
	Complete my record book to the best of my ability.			
	Give a demonstration or illustrated talk about my project.			

PROJECT QUESTIONS

Please answer these questions about your project.

1. What breed of animal are you raising? _____

2. Is this a beef or dairy breed? _____

3. How much did your animal weigh at the beginning of your project? _____

4. On what date did you get your animal? How old was it? _____

5. How much did your animal cost? _____

6. What diet did you feed your animal at the beginning of the project? How much protein is in it? _____

   _____

   _____

7. What diet did you feed your animal at the end of the project? How much protein is in it? When/why did you switch feeds? _____

   _____

   _____

8. What type of housing does your animal have? Explain why you chose this housing method. _____

   _____

   _____

9. What is your animal's average daily weight gain? _____

10. Would you choose this species/breed of market animal again? Why or why not? _____

    _____

    _____

11. Share one difficulty you experienced with your heifer and how you turned it into success: _____

    _____

_____

    _____

    _____

_ _____

PROJECT QUESTIONS

Please answer these general questions about heifers.

1. Is a heifer a male or female? _____

2. What determines when a heifer becomes a cow? _____

    _____

3. Define Cow: _____

4. Define Ruminant: _____

5. List three breeds of beef cattle: _____

    _____

6. List three breeds of dairy cattle: _____

    _____

7. What cattle breed produces almost all the milk in the US?: _____

    _____

8. List three byproducts that come from cattle: _____

    _____

9.   What is colostrum? _____

    _____

10. The gestation period of a cow is: _____

11. The purpose of an ear tag is: _____

    _____

12. Hardware Disease is: _____

    _____

13. What is mastitis? What causes it, and how can it be treated? _____

    _____

    _____

14. In which industry is mastitis the most common disease? _____

PROJECT INVENTORY – SUPPLIES & EQUIPMENT

List all equipment and assets you have, starting at the beginning of the project. You will include all the items you purchase and/or receive during your project that you will keep at the end of your project. This could include grooming supplies, show box, barn construction, fences, etc. *Only list items that will be kept at the end of the project. Supplements, medicines, feed, etc. are not included.*

Date Purchased or Received	Item Description	Quantity	Unit Cost	Purchase Cost or Value
8/5/24	*EXAMPLE: 8 Quart Bucket*	*2*	*$6.99*	*$13.98*
	Value of project supplies ⟶			$

PROJECT INVENTORY - HEIFERS

*Note: Whether you paid for it or not, your animal still has a beginning value.
If you didn't purchase it, the value is how much you would receive if you were to sell your goat.

Breed	Total Number at START of Project	Total Number at END of Project	Value at beginning of project (cost)	Value at end of project*
Example: Holstein	*1*	*1*	*$200.00*	*$800.00*

Total Value of all animals at the START of the project	$

Total Value of all animals at the END of the project	$

NON-FEED EXPENSES

List all miscellaneous operating costs other than feed or the cost of the animal(s). List everything that you will not have still at the end of the project [not inventory from previous pages]. Start from the purchase date of the animal(s) or the date you began your project. These expenses may include: bedding, veterinarian fees, medicines, exhibition entry fees, and other expendable items such as showing/grooming supplies, items bought for your club demonstration or talk, etc.

Purchase Date	Item Description	Paid To	Total Cost $
		Total Non-Feed Expenses	$

FEED EXPENSES

List all types of products fed to your animal, including grain or feed, hay, and supplements. Begin from the start of the project. *Itemize each purchase*.

Purchase Date	Item Description	Weight (Pounds)	Purchased From	Total Cost

TOTAL POUNDS OF FEED = _____

TOTAL FEED COST = $

SHOW RECORD AND PREMIUMS

List any winnings from fairs or exhibitions. Include awards, premiums, and add-ons.

Date	Animal ID Number, Lot, or Name	Name of Fair, Show, or Event	Name of Class	Award or Placing	Award or Premium Won
				Total Show Earnings:	$

OTHER INCOME

List any income from your project outside of show earnings. Include donations, sponsorships, gifts from friends or relatives, money received from manure or equipment sold, etc.

Date	Sponsor or Buyer Name	Type of Income (from list above)	Total $
		If none, enter zero.	

PROJECT SUMMARY
INCOME

A. Value of supplies & inventory (page 8) $_____

B. Value of heifer(s) at end of project (page 9) $_____

C. Show earnings (page 12) $_____

D. Other income (page 12) $_____

TOTAL INCOME (A+B+C+D) = $

EXPENSES

E. Cost of heifer(s) (page 9) $_____

F. Total non-feed expenses (page 10) $_____

G. Total feed costs (page 11) $_____

TOTAL EXPENSES (A+B+C) = $

TOTAL PROFIT OR LOSS
(TOTAL INCOME – TOTAL EXPENSES) =

$

HEALTH RECORDS

This should include a record of any health-related activities including well-animal care, such as dewormer, vaccinations, or use of veterinarian services for any other reason. Indicate what was used, how much was used, and for what it was used. Include items such as a health certificate.

Date	Animal ID Number, Lot or Name	Symptoms/Condition (include prevention care)	Treatment Given/ Action Taken	Dosage	Withdrawal Time

PROJECT ACTIVITY RECORD

Check all the following that apply to your project:

☐ I taught another person in my family, club, or community about market animal.

☐ My family and I worked together to raise my animal.

☐ I participated in additional 4-H activities, such as livestock judging, demonstrations or public speaking, or community service that incorporated my project animal.

☐ I researched information so I could market and sell my animal.

☐ I learned about diseases and health issues that can affect livestock and how to better care for my animal.

WEIGHT RECORDS

Keep track of the weight gains of your project animal. If you do not have access to scales, use a weight tape. Be sure to include the final weight. *Rate of Gain is calculated by taking the pounds gained since last weighing and dividing it by the number of days since last weighing. ** Average Daily Weight Gain is calculated by dividing total weight gain by total days on feed.

Date	Weight	Pounds Gained Since Last Weighing	Number of Days Since Last Weighing	Rate of Gain

TOTAL WEIGHT GAIN = _____

TOTAL DAYS ON FEED = _____

AVERAGE DAILY WEIGHT GAIN = _____

PROJECT PHOTOS OR DIAGRAMS

Show photos from the beginning to the end of your project. You should include photos of different skills or activities you have learned from participating in this project. Include between 4-8 pictures and please include a caption with each one. These captions should explain what you are doing and why you are doing the things in the photo. Spelling and grammar count. If you are unable to take and print photos, you may sketch or draw scenes from your project from the beginning to the end.

PROJECT PHOTOS OR DIAGRAMS (continued)

PROJECT RECEIPTS

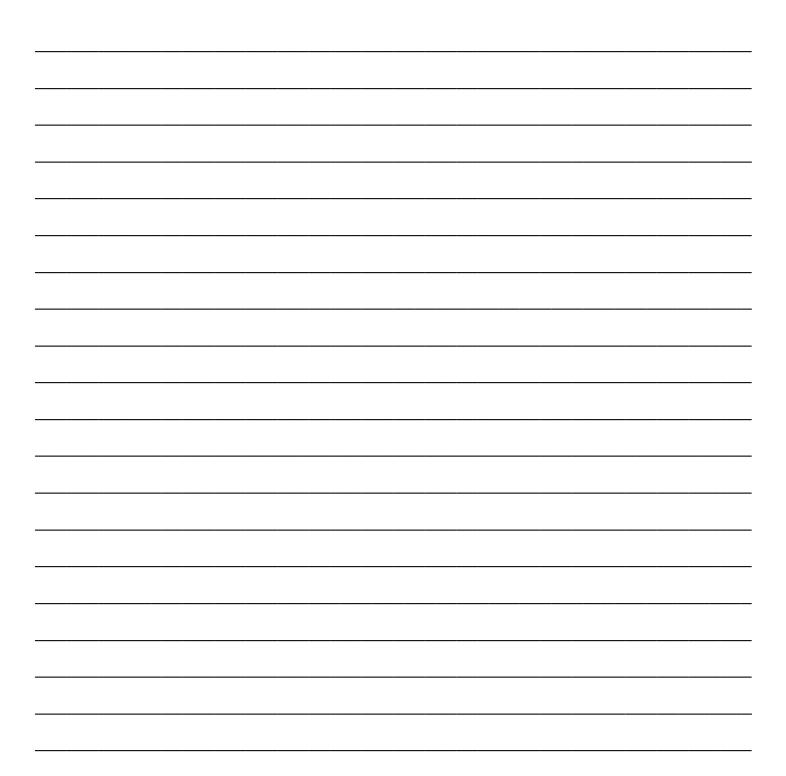# PROJECT RECEIPTS (continued)

PROJECT STORY OUTLINE

Use this template to make an outline for your project story. The story outline will include an introduction, what you have learned about your animal, what safety practices you used, and what you could do to improve your project, what goals you achieved, and a summary of your project.

I.   Introduction
    A. What animal(s) did you raise, breed, color, markings, etc.
    B. Where did you keep your animal, type of pen/housing, living area, etc.
    C. Why did you choose to do this project for 4-H?

II. What did you learn?
    A.
    B.
    C.

III. What safety practices did you use?
    A.
    B.
    C.

IV. What improvements could you have made?
    A.
    B.
    C.

V.   What goals did you achieve that you had set out from the beginning?
    A.
    B.
    C.

VI. Summary – Leave the reader with an overall idea or ending thought about your project. This is the conclusion to your story.

PROJECT STORY

Use the story outline from Page 20 as your guide. Your project story must be a minimum of three paragraphs: an Introduction, a Body, and a Conclusion (Summary). Use details which will bring your story to life, such as descriptive words and something funny or surprising that happened. Your story will be judged for grammar, spelling, and neatness. You may hand-write your story or attach typed pages.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

PROJECT STORY (continued)

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Martin County 4-H
Record Book Score Sheet

🍀

Name:_____ Project: _____

Check one: ____ Cloverbud (5-7) ____ Junior (8-10) ___ Intermediate (11-13) ____ Senior (14-18)

SECTION	Points Possible	Points Scored
1. Forms Signed (pages 2 and 3)	**5**	
2. Goals and Achievements (page 5)	**5**	
3. Project Questions (pages 6 & 7)	**15**	
4. Project Inventory Supplies & Equipment (page 8)	**3**	
5. Project Inventory Livestock (page 9)	**3**	
6. Non-Feed Expenses (page 10)	**3**	
7. Feed Expenses (page 11)	**2**	
8. Show Record and Other Income (12)	**5**	
9. Health & Project Activity Records (page 13)	**5**	
10. Weight Records (page 14)	**5**	
11. Project Summary (page 15)	**15**	
12. Pictures & Receipts (pages 16 - 19)	**10**	
13. Project Outline & Story (pages 20 - 22)	**20**	
14. Neatness	**4**	
TOTAL POINTS	**100**	

Comments:

Record Book Awards
Blue: 90-100
Red: 80-89
White: 70-70

SKILLS LEARNED – PARENTS, PLEASE ASSIST

Put a check mark by each of the life skills that you have learned or improved upon during this project.

4-H LIFE SKILLS

	HEAD		HANDS
	Learning to Learn		Community Service & Volunteering
	Decision Making		Leadership
	Problem Solving		Responsible Citizenship
	Critical Thinking		Contributions to Group Effort
	Service Learning		Marketable Skills
	Goal Setting		Teamwork
	Planning/Organizing		Self-Motivation
	Wise Use of Resources		
	Keeping Records		
	Resiliency		
	HEART		**HEALTH**
	Communication		Self-Esteem
	Cooperation		Self-Responsibility
	Social Skills		Character
	Conflict Resolution		Managing Feelings
	Accepting Differences		Self-Discipline
	Concern for Others		Healthy Lifestyle Choices
	Empathy		Stress Management
	Sharing		Disease Prevention
	Nurturing Relationships		Personal Safety

I pledge:

Head for Clearer Thinking

Heart for Greater Loyalty

Hands for Larger Service

Health for Better Living

...for my Club, my Community, my Country and my World.

I pledge my **HEAD** to clearer thinking,

My **HEART** to greater loyalty,

My **HANDS** to larger service,

And my **HEALTH** to better living,

For my club, my community, my country and my world.

For more information about the Martin County 4-H Youth Development Program, please visit our website:

https://sfyl.ifas.ufl.edu/martin/4-h-youth-development---martin/

or on Facebook **@Martin.ifas.ufl.edu**

or Instagram **@MartinCounty4H**

UF/IFAS Extension Martin County | 2614 SE Dixie Highway, Stuart, FL 34996 | 772-288-5654

Rev. 8/2024