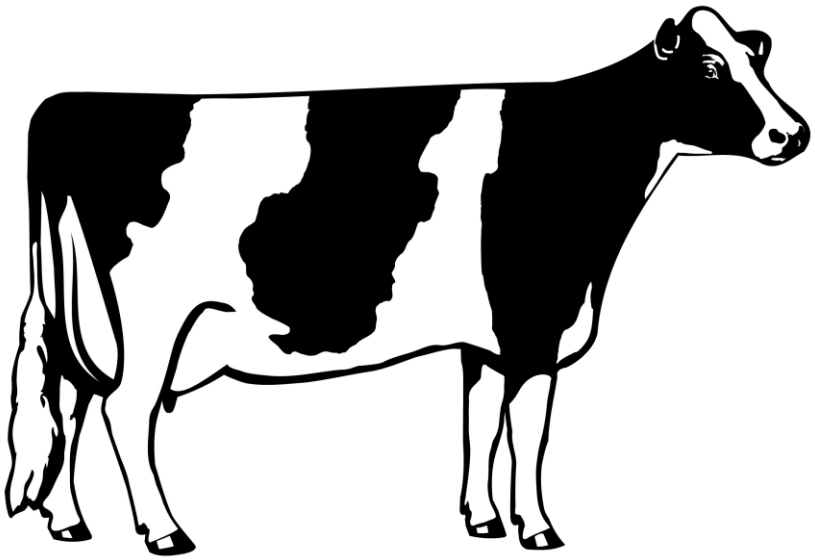
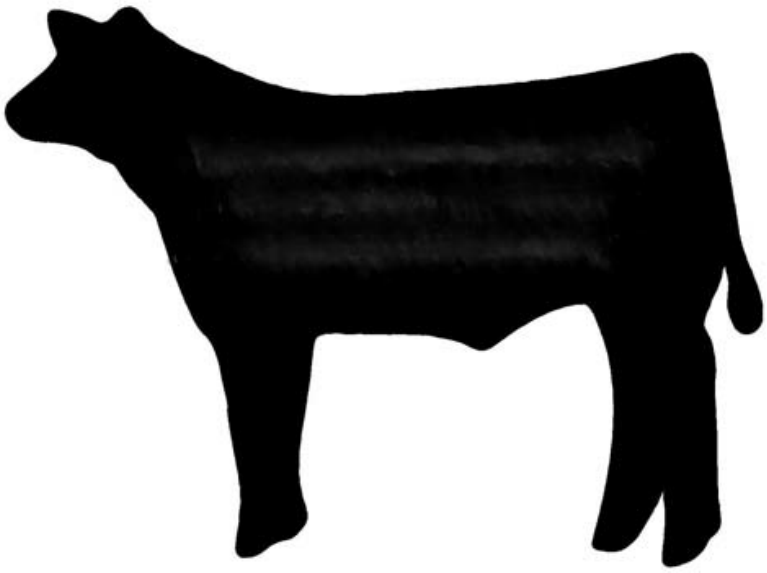


Martin County 4-H

Heifer Record Book



PHILOSOPHY AND GOALS OF THE
4-H LIVESTOCK PROGRAM

"The purpose of the 4-H Livestock Program is to provide young people an opportunity to participate in a series of activities designed to improve citizenship, sportsmanship, character, competitive spirit, discipline, responsibility and livestock knowledge, while creating an atmosphere of personal development and awareness of life around us."

The goals and implications of the above statement is life changing. Leadership does not anticipate that youth would progress at the same rate in all these objectives.
However, given the proper motivation and guidance by the leaders, parents and 4-H agent, there will be progressive improvements in the youth's development.
Simply having a youth recognize the opportunity for growth and personal potential is a significant accomplishment.

Most 4-H youth participating in a livestock project will already have an interest in the animal. It is leadership's responsibility to utilize this interest to accomplish the livestock project's objectives through training and guidance.

The purpose of all livestock projects, both market and non-market, is to further the education and development of the child.

There are more than 360 projects in 4-H, and all have the common goals of making better citizens of youth, increasing their knowledge in a subject area, enabling them to develop integrity, sportsmanship and cooperation along with leadership abilities.
It is the goal of the 4-H Youth Development program to inspire youth to explore all their areas of interest.

This record book may also be used by FFA Youth in exhibiting their livestock project.
It is the FFA advisor's responsibility to assist the youth to accomplish the livestock project's objectives.

It also should be noted that the Livestock Show and Sale is not the major objective of this program but only the project's conclusion. It must be understood that our first and most important objective in the 4-H program is the education and development of the child.

REQUIREMENTS OF YOUR LIVESTOCK PROJECT:

Club Requirements:

- Maintain records throughout the project and complete your Record Book
- Complete two Workshop Trainings
- Complete at least four (4) hours of Community Service
- Attend at least two-thirds of your Club meetings
- Be in Good Standing as a 4-H Club Member
- Help with any events or fundraisers with your Club
- Any additional activities set forth by the Club Leader *(ex. Participate in County Events)*

Fair Livestock Exhibitor Requirements:

- Maintain active Ethics Certification Status
- Meet all required deadlines
- Submit a copy of your Report Card to fair office
- Submit a copy of 'Buyers Letter' and six new addresses to fair office
- Attend Mandatory Fair Set-Up Work Day and Tear-Down Work Day
- Attend Mandatory Exhibitor's Meeting
- Must work 'Barn Duty' on the specified day
- Must participate in the Livestock Show
- Commit to the Showmanship Event once you sign-up
- Write 'Thank You' notes to any sponsors of any awards you win

Martin County 4-H

Heifer Project Book

Photo of Exhibitor with their Heifer

Ethics Certificate # _____

Member Name:_____

4-H Club: _____ 4-H Club Leader: _____

Or FFA Advisor_____School: _____

Number of years in 4-H/FFA _____ Birth Date: _____

I am a: ☐ Cloverbud (5-7) ☐ Junior I (8-10) ☐ Junior II (11-13) ☐ Senior (14-18) as of 9/1.

Parent Guardian Name: _____

Address: _____

City, State, Zip: _____

Phone # (s): _____

Email:_____

4-H Heifer Record Book

Introduction

This Project Record Book has been created specifically for 4-H members enrolled in a Beef or Dairy Heifer 4-H project. Keeping a record book is an important part of the project. It will help you set goals for the project year, record your accomplishments, and provide a place to keep important records on your Heifer.

What is a 4-H project?

A project is a subject or topic that you learn about in 4-H. In this case, your project is Beef or Dairy Heifer. You learn about your project by attending club meetings and educational workshops, and working with adult leaders and other 4-H members. You can also learn from field trips and by participating in shows and competitions.

Why complete a record book?

A record book is not meant to be a chore. Instead, it is a way for you to learn about your project, as well as other valuable skills such as setting goals, collecting information, evaluating information, tracking costs and expenses, organization, and others.

Completing your 4-H Heifer Project Record Book

In September or October you will select a heifer to be your 4-H animal project. You then begin recording all of the relevant information on your animal in your record book on a monthly basis. It is important to keep your record book up to date, so that completing it doesn't become a chore at the end of the project.

Take a glance through the record book so that you can see how it is organized. As you can see, there are pages that pertain only to health, and there are pages that pertain to show records and/or financial summaries. **You only need to complete the pages relevant to your project animal**. But you should complete **all** of the relevant project information for the year.

NOTE: This book may be used by FFA Exhibitors

Youth Animal Project Agreement

Form must be completed at the beginning of the project.

The Exhibitor is responsible for caring for the animal, which will include feeding, deworming, providing fresh clean water, providing suitable housing, washing and showing. The Exhibitor will use this project as an educational tool to learn skills needed in the livestock industry. The project will also help the Exhibitor to accept success and failure as a learning experience.

The Exhibitor will keep accurate records on the animal. I accept and understand these responsibilities

_____

Exhibitor's Signature Date

The parents are responsible for providing financial help if needed, along with assistance and encouragement while the Exhibitor is raising the animal.

We accept and understand these responsibilities.

_____

Parent(s)/Legal Guardian Signature Date

The 4-H Leader is responsible for visiting the Exhibitor and the animal to give assistance when needed.

I accept and understand these responsibilities.

_____

4-H Leader Signature Date

Completing your Record Book

Cover Page
Please fill out all information on the provided cover page. Be sure to affix a picture of yourself and/or project.

4-H Report
Please complete the included 4-H Report Form. Take some time to think back over the past year's 4-H activities, and put some thought into your answers. Be as specific and thorough as possible in completing this form.

4-H Story
Your 4-H Story is your chance to tell in your own words about your involvement in your 4-H club. It should not only be an account of your club's activities, but also your specific involvement in those activities. For instance, if your club held a car wash fund-raiser, be sure to list that activity, but also the Judge will want to know if you helped buy supplies, collect money, secure the location, held signs, soaked the 4-H Leader or parents, etc. (how did you assist in helping?). If you held any club offices and describe any duties you had to fulfill for that position. If you traveled to any out-of-county events and what you did at them. If you went to any summer camps or anything fun! Talk about your demonstration, any awards won, and your end-of-the-year trip your club went on. Be sure to include what you have learned – about life, yourself and others.

Animal Project Agreement
This form is to be completed, signed and dated at the **START** of the project by the Exhibitor, parent/guardian, and the Club Leader.

Project Story
Tell your project story through your own words. It should cover why you selected that particular animal and where you purchased your animal. You should also describe daily care, feed and exercise regimen. It should also list any problems you had with your project. For example, if there is a drop in weight for a certain month and a list of medicine bought during that same time, you should explain why the animal was sick and what you did to get the animal well. Last but not least, be sure to talk about what you have learned from your project animal. Remember to keep it in a story format.

Pictures
Your pictures section should show the growth of your project from start to finish. There should be at least 5 pictures, but not more than three front and back pages (6 pages). Pictures should contain a date and caption, and they should be in chronological order.

Project Record Book
This record book should recorded entries of all expenses incurred during the project (if you bought anything for your project this is where you would put it). Physical receipts may be placed in an envelope and included in the project book. The project book itself is self-explanatory, but, please follow the instructions. If you have any questions ask your 4-H Leader for their help.

Completion Certificate
The statements on this page should be read, signed and dated by the Exhibitor and the Club Leader.

Report Card
Report cards are due into the fair office by a certain date in January. A copy may be included in your record book. Failure to turn in appropriate paperwork, on designated days will result in deductions and/or disqualification.

Record Book Judging
Remember, your record book needs to be up to date on the day your animal enters the fair. After the final weigh-in, record your animal's weight in your record book. Auction sale prices are recorded after the sale.
RECORD BOOKS ARE DUE UPON YOUR ANIMALS ENTRY TO THE FAIR.

If you have any questions please ask your 4-H Club Leader for answers and help!

This is my _____ year doing a 4-H Heifer Project

Project Goals – At the start of your Project

State at least three goals at the beginning of your 4-H project year. Tell the things you want to learn from your Market Project. Please discuss these goals with your parents and your club leader.
(Ex. Learn how to do Showmanship, participate in a Quiz Bowl, etc.)

1. _____

2. _____

3. _____

Member Signature: _____

Parent Signature: _____

Summary of Accomplishments

What goals have you accomplished? If you have not accomplished one or more of your goals, please explain. What have you learned? Describe your experiences this year.
(Attach an additional page if needed.)

_____

_____

_____

_____

_____

_____

_____

Member Signature: _____

Leader Signature: _____

Heifer Project Inventory Record

Use one chart for all animals. Copy additional pages as needed

Animal ID (Name or #)	**Registration #** and/or Tattoo	**Description** (Breed, color, marking, etc.)	**Date of Birth**	**Ownership Information**	**Value** or Purchase Price
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	
				☐ Raised on the Farm ☐ Purchased _____ (purchase date) ☐ Leased _____ (lease date)	

Identification Page

Complete this page for your project.

Animal's Name:_____

Registration/Tattoo/Tag: _____

Breed: _____ Date of Birth: _____

Name of Breeder: _____

City, State:_____

Pedigree

Paternal Grandsire Number

Sire's Name Number

Paternal Grand dam Number

Maternal Grandsire Number

Dam's Name Number

Paternal Grand dam Number

Identification

Attach a picture of your Miniature Horse

Animal Care and Management

Your project requires regular care and management. List the things necessary to take care of your project animal(s).

Include the following:

- ☐ Feeding and watering practices
- ☐ Grooming (clipping, trimming, foot care, etc.)
- ☐ Health practices and medicines
- ☐ General Management (cleaning living area and feed pans, halter breaking, training, etc.)

Daily—Things done every day
Example: fed animal , gave fresh water, spent time with animal
Weekly—Things done once a week
Example: Cleaned feed and water containers, gave new bedding
Monthly—Things done once a month
Example: Groomed my animal
Yearly—Things done one time or occasionally throughout the year
Example: Trimmed feet

Equipment and Supply Inventory

At the beginning of the 4-H year, take an inventory of what equipment and supplies are on hand. If the cost is not known, estimate the replacement value. Add new equipment or supplies you purchase to the list. If equipment is shared between 4-H members, divide the cost between the members.

Beginning Inventory – Equipment on hand at beginning of the project year
Remember that these are not "new" items. Wear and tear occurs on equipment we use again from year to year. These items will depreciate (go down in value). Please take this into account when putting a dollar value on your inventory items.

Amount & Kind	Beginning Value	End Value
Ex: 3 used rope halters	*$12.00*	*$9.00*

New Inventory – Equipment and supplies purchased during the project year
Wear and tear occurs on equipment as we use it. New items will depreciate (go down in value).
Please take this into account when putting a dollar value on your inventory items.

Amount & Kind	Beginning Value	End Value
Ex: new show halter *fly Spray*	*$80.00* *$15.00*	*$75.00* *$0.00*
Total Inventory Value	**$**	**$**

$	**-**	**$**	**=**	**$**	**Equipment Expenses**

Feed Records and Expenses

Keeping good feed records is important. A good practice is to enter your feed expenses when you buy feed. Put a calendar in the barn and write down the amount and the kind of feed used each day. At the end of the month, total each kind of feed used and its cost and record the information below.

FEED EXPENSES

From the purchase date of your animal, list all feed and hay expenses separately.

Date	QTY	Description	Pounds	Price Each	Total
10/01/2015	*3*	*50# Bags of Grand Champion Feed*	*150*	*50.00*	*150.00*
10/01/2015	*6*	*Bales of Hay*		*10.00*	*60.00*
		PAGE TOTAL – Pounds of Feed			
		PAGE TOTAL – Cost of Feed			

FEED EXPENSES *. . . continued*

Date	QTY	Description	Pounds	Price Each	Total

Total Cost of Feed *Previous Page* $ _____

Total Cost of Feed *Current Page* + $ _____

Total Cost of Feed = $ _____

Totals of Feed *Previous Page* $ _____

Totals of Feed *Current Page* + $ _____

Totals of Feed = $ _____

How to Calculate Monthly Cost of Feeds

This worksheet provides you with the formula and practice on calculating how much you spend per month on feed. This information is needed to complete other pages.

GRAIN:

Cost of a bag of grain: $ ÷_____lbs. in the bag = $_____per

lb. Amount fed:_____lbs. per day X_____days (in month) =_____lbs.

Monthly cost of grain: $_____X_____lbs. =

(Cost per lb. grain) (Total amount fed) (Monthly Cost of Grain)

SUPPLEMENTS: (additives for increasing grain, etc.)

Cost of package: $_____÷_____oz. or lb. in container = $_____per oz. or lb.

Amount fed:_____oz. or lb. per day X_____days (in month) =_____oz. or lb.

Monthly cost of supplements: $_____X_____oz or lb. =

(Cost per oz. or lb.) (Total amount fed) (Monthly cost of Supplement)

HAY:

Cost of a bale of hay: $__÷_____lbs. per bale = $_____per lb.

Amount fed:_____lbs. per day X_____days (in month) =_____

_____lbs.

Monthly cost of hay: $_____X_____lbs. =

(Cost per lb. of hay) (Total amount fed) (Monthly Cost of Hay)

Feed Tag Information

Please attach a tag or label from one feed being used for your project animal. If a home-made mix is used please describe the mix on a separate page.

1. What production level or type of animal is this feed designed for?
   (Ex: lactating animal, growing animal, etc.)

2. What is the Crude Protein level of this feed?

3. What is the main ingredient in this feed?
   (Hint: if the answer is not clear, it's probably the first ingredient listed.)

4. Is this a medicated feed?

5. What is the active drug ingredient?

6. Is there a withdrawal time of this drug ingredient?

7. The TDN (Total Digestible Nutrients) level of a feed indicates energy value
   Please calculate the TDN level of this feed. Crude fiber level can be found on your feed tag.

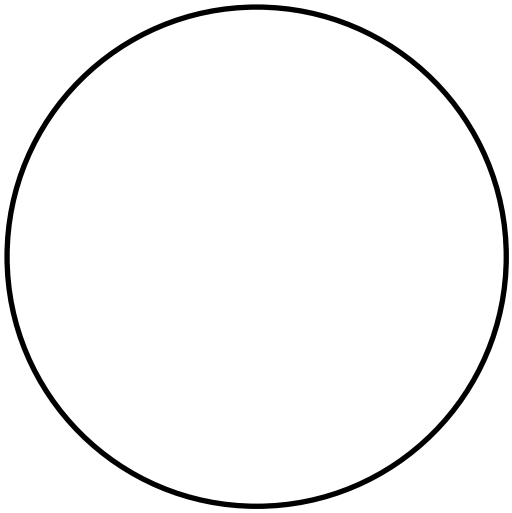
Formula = {84—(1.5 x % Crude Fiber)} -_____% TDN

(Example {84—(1.5 X 15)} = 61.5 % TDN

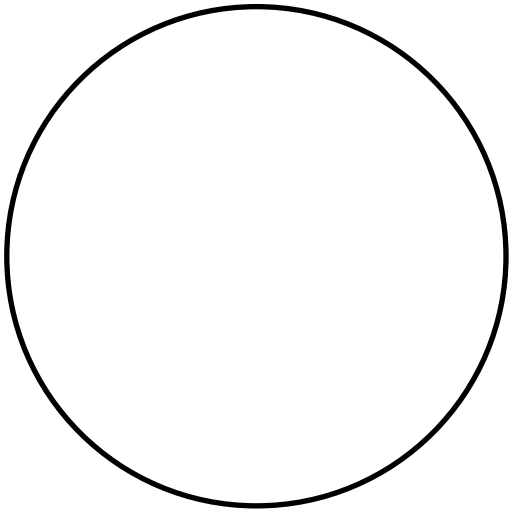
Feed Summary

Calculate the total amount of feed used and the amount spent of feed. Leave any blank that do not apply. Complete the pie charts below.

	Total Pounds of Grain	_____	lbs.
	Total Pounds of Hay	_____	lbs.
	Total Pounds of Supplements	_____	lbs.
	Total Pounds Fed	_____	lbs.



	Total Cost of Grain	$ _____
	Total Cost of Hay	$ _____
	Total Cost of Supplements	$ _____
	Total Feed Cost	$ _____



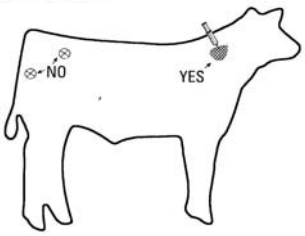
Question

How do these pie charts compare?

Heifer Health Treatment Record

Deworming
Antibiotic Treatments
Vaccinations
Mange/Lice Treatments
Vitamin Injections
Other Health Treatments

Animal ID	Date	Condition Being Treated	Treatment Administered	Withdrawal Time (On Label)	Treatment Cost
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Product Used: Dose:		
			Total Cost of Treatments		**$**



Suggestions for Proper Administration of Animal Drugs

- Properly restrain the animal before giving injections
- Give medications according to label instructions. Subcutaneous (Sub-Q) injections go under the skin in the neck. Intramuscular (IM) injections go in the neck muscle. If given a potion ALWAYS choose Sub-Q.

I certify that I produced this animal, it was not fed any prohibited feedstuffs and I have listed ALL products and treatments they received while in my care:

Youth Signature: _____ Parent/Guardian Signature:

Other Health Care Expenses

Anything health related that does not fit into treatment category. *Ex. Health papers from the veterinarian or hoof trimming from the farrier.*

Date	Description	Cost $
Example: July 1st	*Health Papers for the County Fair*	*$25.00*
	Total Other Health Care Expenses *(if any)*	**$**

	+		=	
Total Cost of Treatments		**Total Other Health Care Expenses**		**Total Health Care Expenses**

Miscellaneous Expenses or Fees

List any expenses that do not fit into one of the previous categories. Examples: Entry fees, transportation, breed association dues, registration papers, etc.

Date	Description	Cost $
Example 7/1	*County Fair Entry Fees*	*$40.00*
	Total Miscellaneous Expenses	**$**

Miscellaneous Income

List any income from the sale of products (milk, offspring) from your project animal.

Date	Description	Income $
	Total Miscellaneous Income	**$**

Show Ring Record

Record the date and name of any shows attended, placing out of the number of entries in the class, and any premium money earned.

Date	Show	Class	Placing	Premiums Won
			———— out of ————	
			———— out of ————	
			———— out of ————	
			———— out of ————	
			———— out of ————	
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			———— out of ————	
			———— out of ————	
			Total Premiums Won	**$**

Breeding and Calving Summary

Animal ID	Date Bred	Date Calved	Sex of Calf	End Product
	1st Service:_____ 2nd Service: _____ 3rd Service:_____			Added to Herd Sold $ _____
	1st Service:_____ 2nd Service: _____ 3rd Service:_____			Added to Herd Sold $ _____
	1st Service:_____ 2nd Service: _____ 3rd Service:_____			Added to Herd Sold $ _____
	1st Service:_____ 2nd Service: _____ 3rd Service:_____			Added to Herd Sold $ _____
	1st Service:_____ 2nd Service: _____ 3rd Service:_____			Added to Herd Sold $ _____

Breeding Heifer Production Record

Rate of Gain

It is important to monitor the rate at which your heifer is growing to make sure she achieves her full production potential.

Pick one month to measure your heifers' rate of gain.

	Start Date:_____ **End Date:** _____		
Heifer Name	**Start Weight**	**End Weight**	**Rate of Gain** *lbs. gained days in month*

Project Financial Summary (one chart for all)

Every project has a value, even those which are leased or borrowed. Please work with the owner or breeder to determine the value of the project.

Income	**$**
1. Premiums won, Animals sold, Milk sold, etc.	$
Total Income =	**$**
Expenses	
Many youth select projects as a hobby or for fun, but all projects will incur expenses. Please use this section to list all expenses related to participating with this project animal	
1. Animals Purchased or Leasing Fees (if animal is leased)	$
2. Equipment Expenses	
3. Feed Expenses *(if not included with leasing fees)*	$
4. Health Care Expenses	$
6. Miscellaneous Expenses	$
Total Expenses =	**$**
Financial Summary (Total Income—Total Expenses)	**$**

Questions

1. Was the cost of keeping your project what you expected?

2. What will you do differently next year?

PROJECT PICTURES

Your pictures should show the growth of your project from start to finish. There should be at least five pictures, but no more than two per page. Each picture needs to have a date and a caption and in chronological order.

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Your pictures should show the growth of your project from start to finish. There should be at least five pictures, but no more than two per page. Each picture needs to have a date and a caption and in chronological order.

4-H Heifer Project Conclusion

What did you learn new this year? List five (5) new things about your project you did not know before this year.

1. _____

2. _____

3. _____

4. _____

5. _____

What safety practices did you use? _____

_____

_____

_____

_____

List any challenges you faced and how you handled them: _____

_____

_____

_____

_____

_____

_____

4-H Project Story

Tell your project story through your own words. It should cover why you selected that particular animal and where you purchased your animal. You should also describe daily care, feed and exercise regimen. It should also list any problems, if any; you had with your project. For example, if there is a drop in weight for a certain month and a list of medicine bought during that same time, you should explain why the animal was sick and how did you get the animal well. Last but not least, be sure to talk about what you have learned from your project animal. Remember to keep the story in a story format.

Please attach additional pages if needed.

Your 4-H Participation

Were you a club officer this year?_____ If yes, what position did you hold? _____

_____

If you have been an officer before, list the offices you've held as well._____

_____

_____

_____

What 4-H activities other than club meetings have you participated in this year?
Example: clinics, field trips, judging teams, 4-H Council, state and regional 4-H events.

_____

_____

_____

_____

_____

Did you give a demonstration to your club this year? If yes, what was the title of the demonstration?_____

_____

_____

Did you participate in County Events? _____If so, what category did you participate in, and what was your demonstration/speech about? _____

_____

_____

_____

List any awards or recognition you have received in 4-H this past year. _____

_____

_____

What did you do to help your club's 4-H Leader, or other 4-H members? _____

_____

_____

_____

_____

Describe how you helped with your club's community service project. _____

_____

_____

_____

_____

What 4-H Projects have you completed before this year?

Year/Project: _____

Year/Project: _____

Year/Project: _____

Year/Project: _____

Year/Project: _____

Year/Project: _____

4-H Participation Story

Your 4-H Story is your chance to tell us - in your own words - about your 4-H club involvement. It should not only be an account of your club's activities, but also your specific involvement in those activities. For instance, if your club held a car wash fund-raiser, be sure to list that activity, but also write if you helped buy supplies, collect money, secure the location, held signs, soaked the 4-H Leader or parents, etc. If you held a club office describe the duties you had to fulfill for that position. If you traveled to any out-of-county events, write what your participation was at the event. Tell us about any; demonstration, awards, camps, the year-end club celebration – anything fun! Be sure to include what life lessons you have learned – about yourself and others. *Note: You may copy this story if doing multiple project books.*

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Please attach additional pages if needed.

Project Completion Certificate

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

_____

Exhibitor's Signature Date

This Exhibitor is an active member of _____ Club.
This Exhibitor is a member in good standings and has met the requirements needed for this project.

_____

4-H Leader/Advisor Signature Date

18 USC 707

For more information on
Volunteer Opportunities and the
Martin County 4-H Program

Visit us at:
Martin.ifas.ufl.edu/4H

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, Larry R. Arrington, Director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. The information in this publication is available in alternate formats. Single copies of extension publications (excluding 4-H and youth publications) are available free to Florida residents from county extension offices. Information on copies for out-of-state purchase is available from IFAS-Extension Bookstore, University of Florida, P.O. Box 110011, Gainesville, FL 32611-0011. Information about alternate formats is available from IFAS Communication Services, University of Florida, P.O. Box 110810, Gainesville, FL 32611- 0810

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