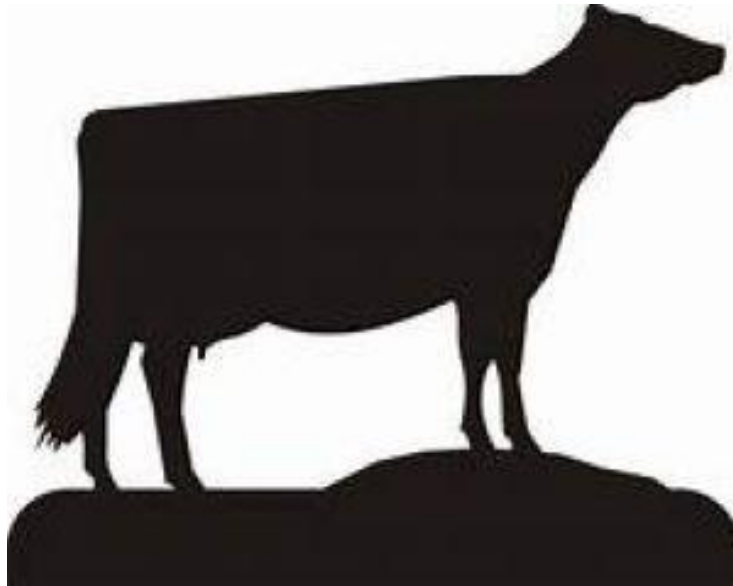


# My 4-H Dairy Project 2024- 2025 Record Book



*For use by Chautauqua County 4-H dairy project youth*

Member name: \_\_\_\_\_ Birth date: \_\_\_/\_\_\_/\_\_\_

Address: \_\_\_\_\_ Grade: \_\_\_\_\_

Phone #: \_\_\_\_\_ 4-H County: \_\_\_\_\_

Years in Project: \_\_\_\_\_ 4-H year: \_\_\_\_\_

Name of club: \_\_\_\_\_

**2024-2025 Dairy Advisory Committee**

Lynn Harris  
Arrissa Hitchcock  
Brian Jantzi  
Lisa McConnell  
Heidi Mihalko  
Bart/Julie Nickerson  
Julia Olmstead  
Heather Woodis

Cornell Cooperative Extension of Chautauqua County  
@ JCC Carnahan Center  
525 Falconer Street, P.O. Box 20  
Jamestown, NY 14702  
716-664-9502

## **The 4-H Pledge**

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.

## **4-H Motto**

“To Make the Best, Better!”

## **4-H Slogan**

“Learning by Doing”

Visit the Cornell Cooperative Extension of Chautauqua County website:  
[cce.cornell.edu/Chautauqua](http://cce.cornell.edu/Chautauqua)

# Starting Out...

**My Goal for this 4-H year is:** \_\_\_\_\_

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## Signatures for goal setting...

I will work toward the above goal I have set for myself for the upcoming 4-H year to the best of my ability:

\_\_\_\_\_ (Member signature) \_\_\_\_\_ (Date)

I will support my son's/daughter's goals for the upcoming 4-H year:

\_\_\_\_\_ (Parent signature) \_\_\_\_\_ (Date)

I will help support this member's goals for the upcoming 4-H year:

\_\_\_\_\_ (4-H Leader signature) \_\_\_\_\_ (Date)

## Along the Way

**Keeping track of what I do:** For this section, it is best to write down what you have done shortly after completing it so you won't forget important events and activities.

Name of event/activity	Date & Location	What I did	Level (Club, County, State or National)	Award or Recognition Earned

(You may add more copies of this page if necessary.)

## Animal Care & Management

Because your project is a living creature, it requires regular care and management. Below explain what you regularly do for or with your animal. Be as specific as possible.

What I did with my project animal...
Feeding:
Grooming:
Cleaning Animal and Surroundings:
Health Practices:

## Animal Inventory

Record animals currently owned. Add the animals acquired during the year to the list. If you purchased or acquired a new animal the cost should be included under (E4) Other Expenses. Also indicate whether any of the animals were sold or passed away during the 4-H year. If you sold an animal, record the sale under Income. At the end of the year you will have a complete list of the animals you owned during the 4-H year.

Animal name or herd number	Registration number	Breed	Birthdate	Date of purchase	How animal left herd & date	Sex	Value Project Start*	Value Project End*
Total Value of Project Animals (Add value of all animals and put these numbers in boxes at right.)								

\*If the animal was a gift or born in your herd, estimate the value.

\*If the animal was given away or traded, estimate the value

**YOU WILL ONLY NEED TO DO A RECORD ON ONE OF THESE ANIMALS FOR THE FOLLOWING PAGES.**

**Keeping Track Of Your Animal’s Growth- Use only for Calf thru Bred Heifers**

1. Use the weight tape to take the heart girth measurement of your animal and record that number in the “Monthly Heart Girth Measurements” table below.

2. Compare the estimated weight of your animal to the average for its breed on the “Average Weight Chart” below. (This chart projects the normal growth for each of the dairy cattle breeds)

3. Plot your animal’s weight on the below chart, or on a piece of graph paper.

Animal Name: \_\_\_\_\_ Identification: \_\_\_\_\_

Breed: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

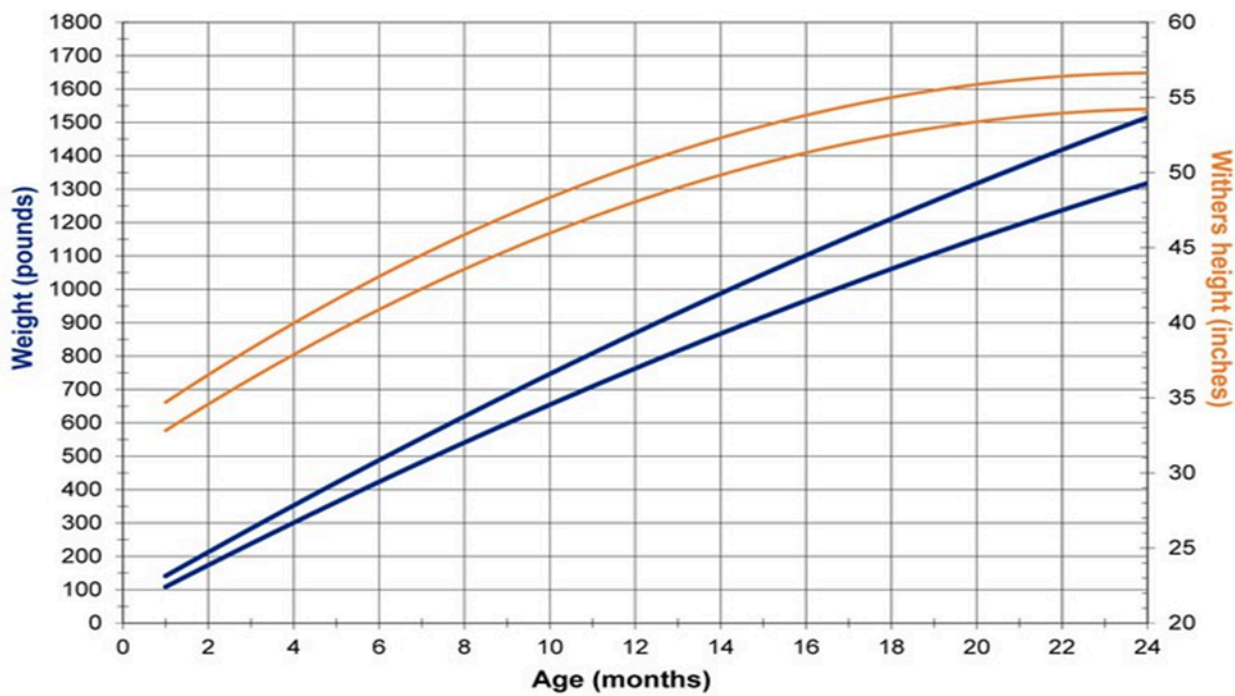
**Monthly Heart Girth Measurements**

Birth	Monthly												Final	
	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.		

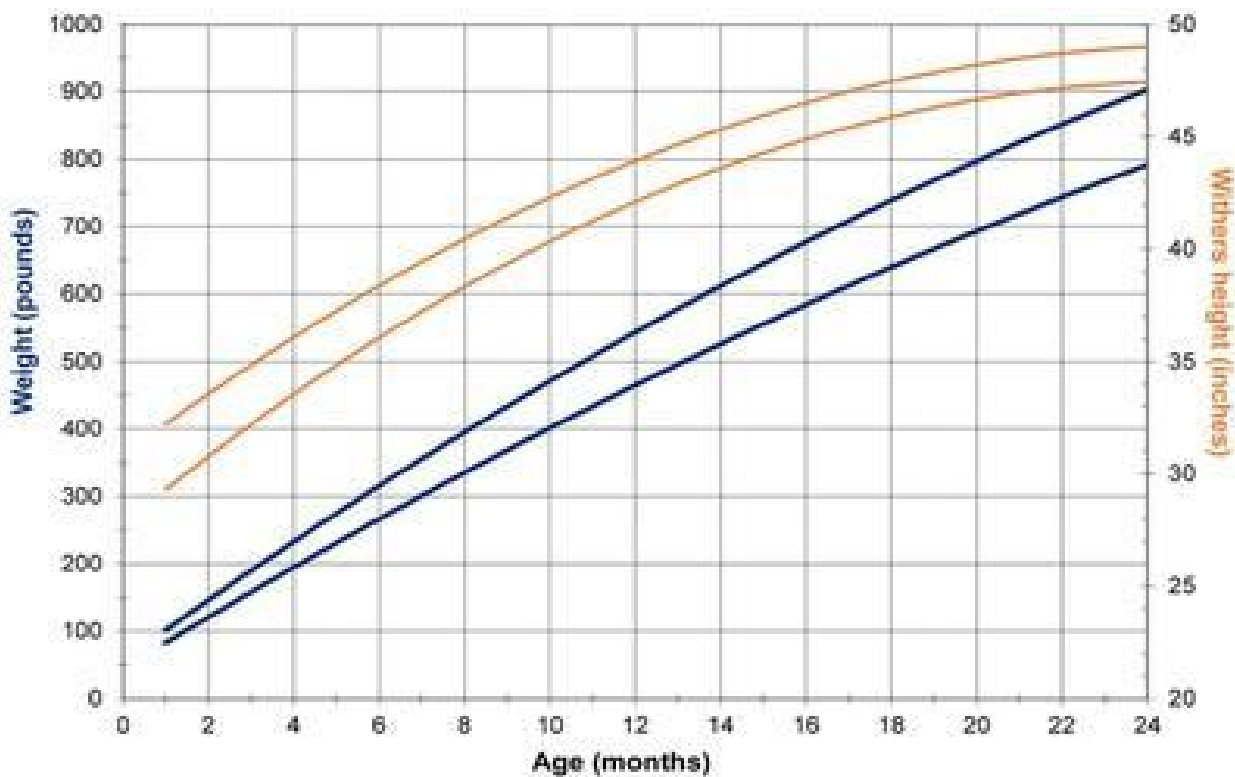
**Use the Holstein growth chart for all breeds except for Jerseys (Jersey growth chart included below).**



**HOLSTEIN**



**Jersey**



**Directions/Details:****Milk Production Record- Use only if you have a milking animal.**

Animal Name: \_\_\_\_\_ Registration #: \_\_\_\_\_

Breed: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Calving Date: \_\_\_\_\_

Record the average pounds of milk produced for each month. Attach DHIA records if they are available. Multiply it by the number of days in that month to get production per month.

<b>Record the average pounds of milk produced daily for each month.</b>												
	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Milk production in #'s												
Multiply by # of days in that month												
Monthly Total =												
<b>Yearly Total Milk Produced</b>												
(Add total milk produced by your animal for each month and put in box at right.)												

**Breeding Record**

If you have a heifer that is near breeding age, or a mature cow, you will need to keep records of who you have bred that animal to. This information will be useful to you in knowing when to expect that animal to calve and for completing breed registration papers.

Animal Name	Date of Breeding	Bull Name	Due Date

## Expenses

It is likely that you spent money on your 4-H project this year. This section will help you add up what it cost to complete your project. This section is where you can keep track of what you purchased (equipment and animals), veterinarian costs and medical supplies.

Expenses are divided into four categories.

(E3) Feed Expenses (when homegrown feeds are used, list feed cost at market value)

(E4) Health/ Medical Expenses (including veterinary and medicine)

(E5) Other Expenses (such as purchasing animals, breeding charges, shows, transportation)

### E3: Feed Expenses (Grain, Hay, TMR, Etc.)

Feed Contents Include feed labels	Cost per day (\$)
<b>Total Feed Expenses</b>	<b>Total E3:</b>

(You may add more copies of this page if necessary.)

Suggested cost: \$3.50/day Birth to 3 month, \$2.25/day 3-6 months and \$1.50-2 for others

**E4: Health/Medical expenses (including veterinarian & medicine)**

Date	Description of expense (including quantities)	Cost (\$)
<b>Total Health Expenses</b>		<b>Total E4:</b>

**E5: Other Expenses (such as purchasing animals, breeding charges, shows, transportation)**

Date	Description of expense (including quantities)	Cost (\$)
<b>Total Other Expenses</b>		<b>Total E5:</b>

<b>Total Expenses (Includes value of equipment and project animals)</b>	
Total Feed Expenses (E3)	
Total Health/ Medical Expenses (E4)	
Total Other Expenses (E5)	
<b>Total Expenses</b> (Add up all expenses and put number in box to the right) =E6	

## Income

List any income received from your project this year. Income may include premiums from shows, cows or calves sold at market, and milk. Your project year may not have created an income. If so, enter "None" under description and "0" under Total Income.

Date	Description of income (include quantities)	Income (\$)

<b>Total Project Cost or Profit</b>	
Total Income	\$
Total Expenses (E6- From Above)	-\$
<b>Total Project Cost or Profit</b> ( <i>Subtract total expenses from total income</i> )	

## Other clubs and projects outside of 4-H (or other 4-H programs)

Club Name	Project(s)

## Looking Back at my 4-H Year.....

Evaluation of my goal.

Did I achieve my goal?

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How does achieving my goal relate to the four H's (head, heart, hands, health) of 4-H?

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How can I improve for next 4-H year?

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## **When creating your story...**

### **Look back at what you have learned this 4-H year.**

Ideas...

- My goals completed
- Knowledge and skills I gained
- The three most important things learned

Now write a story, using specific examples that are unique to your experience. Feel free to relate what you learned in 4-H to school, family or other activities in your life. Add pages if you need them. Include copies of thank you's written, pictures, drawings, newspaper clippings, etc. Lastly, don't forget to label with captions!

**My story continued...**