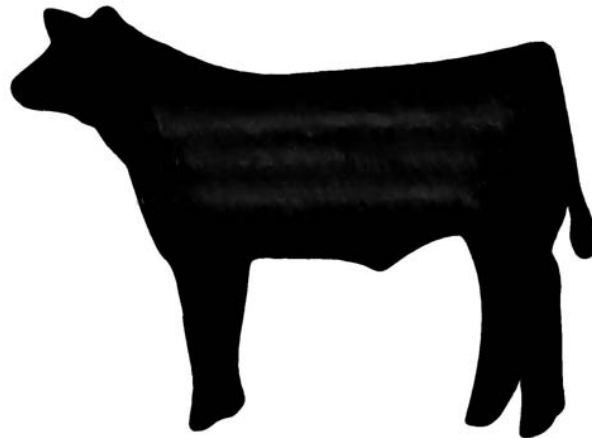# Virginia 4-H Beef Heifer Project

Senior Record Book
(for youth ages 14- 19)

Name _____ Date of Birth _____ Age_____

Physical Address _____

Mailing Address (if different)_____

What county/city 4-H program are you enrolled in with this project _____

4-H Club_____ Years in 4-H (including this year) _____

Is the place where you keep your project animal registered with the National Animal Identification System (NAIS) ❑ Yes ❑ No

Date Project Started_____ Date Project Completed: _____

Member Statement:

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

4-H Member's Signature_____Date:_____

Record Approval: The 4-H member has completed this record book to a satisfactory level.

Parent/Guardian Signature:_____

4-H Leader's Signature:_____

Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu _____

Instructions for Using this Record Book

This record is designed to be the place for you to keep records on your animal projects. Read through the book carefully and complete all sections requested (for example, project planning, feed and health care purchases, supplies and tools, results from shows, and a financial summary). Do not leave any sections blank unless they do not relate to your project animal. It is important that you do your own work, but ask your 4-H leader, Extension Agent, parents, or other 4-H volunteers for help when you do not understand something.

This project record book is for record-keeping only. Information about how to raise these animals can be found in various 4-H Project Guides. Copies of project guides may be obtained from your local Virginia Cooperative Extension office.

1. Read through this book and familiarize yourself with the kinds of records you will need and where information should be recorded. Discuss the book with your parent and/or 4-H leader.

2. Complete essential information when you first start your project, such as the cover page and the project planning page. Share your goals with your 4-H leader.

3. Keep your records up to date. Record information as it occurs. Consider setting aside specific times during the project when you will work on your record book.

4. Write neatly and legibly. Use only one color ink.

5. Include at least one photograph of you with your project animal, but do not include more than two pages of photos. Additional clippings should be displayed in a scrapbook, not this record book.

6. Maintain your book in a 3-ring notebook/binder or folder.

7. Write a project story that captures what happened during your project. Discuss your goals, your activities, your challenges, and your accomplishments. Project stories must be at least five sentences; more experienced 4-H members' stories should be more in depth.

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Project Planning

This page should be completed at the start of your project and share it with your 4-H leader.

1. Set at least three goals for yourself this year.

- What do you want to learn?

- What do you hope to accomplish?

- What new activities do you want to try?

Please tell us about your project animal (check all that apply)

- ❑ I purchased my project animal
- ❑ My project animal is bred & owned (from a cow on my family farm)
- ❑ I lease my project animal
- ❑ I board my project animal at another farm

Project Planning

1. What factors will you consider when selecting your project (breed, age, price, muscling, etc...)?

2. Where will you get your project ? Reasons for selecting that breeder, farm, or business?

3. How much do you expect to spend on your project?

     Purchase price or value of the animal $ _____

     Cost of Feed $ _____

     Cost of Supplies $ _____

     Other Costs $ _____

     Expected Total Expenses $ _____

4. How will you pay for your project animal and expenses?

<div align="center">

After completion, show this page to your 4-H leader for approval.

</div>

Leaders Signature: _____ Date:_____

Beef 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...)	Birth date of Animal	Ownership Information	Animal 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)	

Heifer Identification Page
(Complete this page for <u>ONE</u> of your heifer projects)

Animal's Name:_____

Registration/Tattoo/Tag: _____

Breed: _____   Date of Birth: _____

Name of Breeder: _____

City, State:_____

Pedigree

_____
Paternal Grandsire   Number

_____
Sire's Name   Number

Paternal Granddam   Number

_____
Maternal Grandsire   Number

_____
Dam's Name   Number

Maternal Granddam   Number

Identification
Attach a picture of your heifer below!

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

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.

<u>Month</u>	<u>Type of Feed</u> (grain, silage, hay, pasture, etc.)	<u>Amount</u> (indicate lbs, bales, etc.)	<u>Cost or Value</u>	
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs
_____ ___ days	_____ _____ _____	_____ _____	$_____ $_____ $_____	$ _____ Total Costs

TOTAL FEED COSTS FOR PROJECT $_____

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 page 9.   If you feel comfortable with this calculation you do not need to complete this page just move on to page 9.

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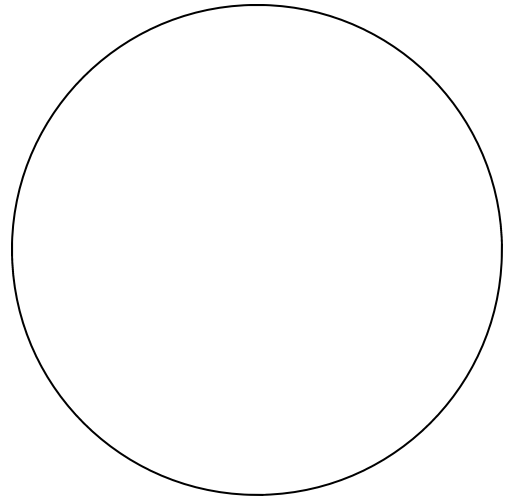
	Total Cost of Grain	$
	Total Cost of Hay	$
	Total Cost of Supplements	$
	Total Feed Cost	$
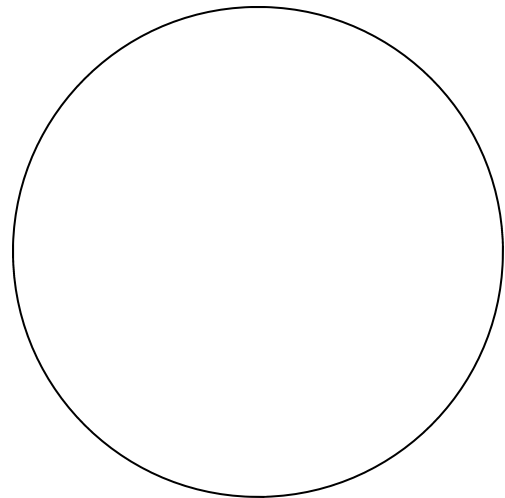
Question

How do these pie charts compare?

Heifer Health Treatment Record

Deworming   Vaccinations   Vitamin Injections
Antibiotic Treatments Mange/Lice Treatments 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					$
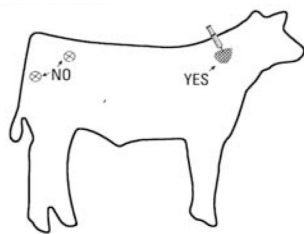
Suggestions for Proper Administration of Animal Drugs

- Properly restrain the animal before giving injections
- Give medications according to label instructions. Subcutaneous (Sub-Q) injection go under the skin in the neck. Intramuscular (IM) injections go in the neck muscle . If given an 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 like health papers from the Veterinarian or hoof trimming

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 (Page 13)	**Total Other Health Care Expenses** (Page 14)	**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

Any income from the sale of products from your project animal. (Milk or offspring)

Date	Description	Income $
	Total Miscellaneous Income	$

<u>Show Ring Record</u>

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 ————	
			———— out of ————	
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			———— out of ————	
			———— 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.. p15 & 16	$
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) **pg 5**	$
2. Equipment Expenses **pg 8**	
3. Feed Expenses *(if not included with leasing fees)* **pg 9**	$
4. Health Care Expenses **pg14**	$
6. Miscellaneous Expenses **pg 15**	$
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 ?

4-H Activities

Number of club meetings held:_____   Number you attended _____

What 4-H committees did you serve on?

_____

_____

Did you hold an officer position in your 4-H Club?   ❑ Yes ❑   No

If Yes, which one ?
❑ President   ❑ Vice President   ❑Secretary   ❑ Treasurer
❑ Reporter   ❑ Chaplain   ❑ Other _____

What other 4-H leadership roles did you hold this year? (camp counselor, teen leader, etc…)

_____

_____

What other 4-H clubs did you belong to and/or what other projects did you complete?

_____

_____

4-H Activities
(community service, workshops, camps, Share-the-Fun, county contests, judging teams, etc….)

Activity	Date	Location	Placing or Comments

Activities other than 4-H

What other clubs or groups did you belong to this year? (school, church, community, etc...)

_____

_____

_____

List any activities you participated in for scouts, sports groups, church, community service, etc. that were not affiliated with 4-H.

Activity	Date	Comments

What leadership roles did you fulfill outside of 4-H? (school, church, community, etc...)

_____

_____

_____

Note: You may photocopy pages 17-18 and add to other project books if you have more than one project type.

4-H Story

The motto of 4-H is "learn by doing". Each year we learn something new by participating in a 4-H project. Please write a story that explains:
- *What you have learned*
- *New skills you have gained over this past year in 4-H*
- *What goals you accomplished. If you accomplished your goals, how did you do so?*

Other Examples that you may consider writing about include: Something that happened that was funny, sad or exciting, Challenges you faced and how you overcame them, Who helped you with your project and how they contributed, Things you are most proud of. Feel free to relate your 4-H experience to other parts of your life (school, home, family, friends, etc..). Stories must be <u>at least five sentences</u>.

Project Photos

** Please limit yourself to a maximum of two photo pages. **
Additional memorabilia should be displayed in a scrapbook or 4-H portfolio.

*Optional—Record Book Scorecard

4-H Members: Leave this page blank.
The person judging your book will complete the score card.

Points Possible	Scoring Criteria	Points Awarded by Judge
10	Neatness (legible writing, one color ink, well-organized)	_____
15	Completeness (all pages and sections, complete thoughts and ideas)	_____
5	Signatures obtained on front cover (member, parent, leader)	_____
10	Accuracy (no math errors, factual statements made)	_____
20	Project Work (goals set, evidence of work throughout the year, goals accomplished, book completed by 4-H member, not an adult)	_____
10	4-H Participation (meetings, clinics, workshops, camps, contests, educational experiences)	_____
20	Project Story (well-written, original, creative, complete thoughts, grammar, mechanics)	_____
10	Photos, clippings, etc. (include at least one photo, not more than 2 pages)	_____
100	**Total Points Earned by 4-H'er**	_____

Scoring: 90-100 Blue, 75-89 Red, 74 or below White

Judges' Comments: