



Rabbit Hopping Project Book



Name _____ Date of Birth _____

Address _____

4-H Club Loudoun County 4-H Rabbit Hopping

4-H Leader(s) Claire Burns, Jennifer Kasianides, Vanessa Hart

Date Started
Month/Day/Year _____

Date Completed
Month/Day/Year _____

I hereby certify that as the 4-H member of this project,
I have personally kept records and completed this rabbit hopping project book.

Signed _____

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

Parent/Guardian Signature: _____

4-H Leader Signature: _____

My 4-H Rabbit Hopping Story

The motto of 4-H is “learn by doing.” Each year we learn something new by participating in a 4-H project. This story should summarize your Rabbit Hopping work *this year* in the Rabbit Hopping club. Please write a report that explains:

- ***What your goals were for this year, as listed on the Project Goals page?***
- ***What work or activities did you do to achieve your goals?***
- ***Describe any challenges or setbacks you faced while working on your goals.***
- ***Did you achieve some or all of your goals?***
- ***What could you do differently next year?***

Rabbit Hopping Project Animals

Photo of project animal here

Name and Ear Tag #:

Breed: _____

Buck/Doe _____

Registration Variety _____

Purchased, bred, or borrowed (leased)

Age of animal (estimate if exact age unknown)

I feed/care for this animal ____ days of the week.

Check one:

This project animal was used for the full year

This project animal was used for part of the year.

Please list the dates used:

_____ *(dates used as a project animal)*

Photo of project animal here

Name and Ear Tag #:

Breed: _____

Buck/Doe _____

Registration Variety _____

Purchased, bred, or borrowed (leased)

Age of animal (estimate if exact age unknown)

I feed/care for this animal ____ days of the week.

Check one:

This project animal was used for the full year

This project animal was used for part of the year.

Please list the dates used:

_____ *(dates used as a project animal)*

Project Goals

What goal(s) would you like to work towards this year in Rabbit Hopping Club? What are the steps you will take to move you towards your goal(s)? You should answer these questions in complete sentences.

Remember: good goals are specific, measurable, and achievable! Your goals should include at least one goal related to rabbit hopping specifically. Other goals could include educational or achievement goals for you personally.

Goal:

My Plan for this Goal:

Goal:

My Plan for this Goal:

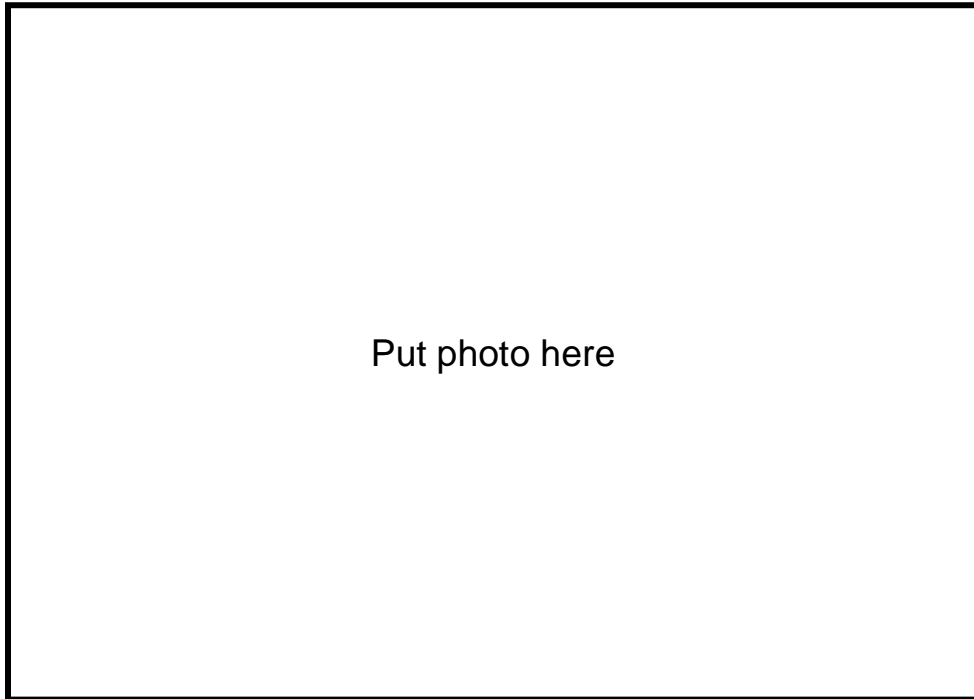
Leaders Signature: _____

Date: _____

Stepping Stones

This is a place to record milestones, or “stepping stones”, on the way to achieving your goals. You may include as many stepping stone pages as you wish to help document your work throughout the year on your Rabbit Hopping project goals.

Date the photo was taken: _____



Which goal is this Stepping Stone for?

Tell us something about this Stepping Stone:

Meeting Notes

October Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? ___Straight ___Crooked ___High ___Long ___Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

____ **I did not attend this meeting**

November Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? ___Straight ___Crooked ___High ___Long ___Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

____ **I did not attend this meeting**

December Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? ___Straight ___Crooked ___High ___Long ___Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

____ **I did not attend this meeting**

January Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

February Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

March Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

April Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

May Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

June Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

July Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

August Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

September Meeting

Date: _____

What was/were the lesson(s): _____

What Hopping skill(s) did you practice? Straight Crooked High Long Agility

What new skill(s) or fact(s) did you learn? _____

Personal contribution (i.e. presented homework, led a lesson, mentored, etc...) _____

I did not attend this meeting

Virtual Learning Log

Please list any online videos you have watched, any articles or websites you have read, virtual mini-meetings you have attended, or any other virtual learning opportunities you have experienced this year. (Do not include regular club meetings.)

Date	Topic, Title, or description	Source	
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other
		<input type="checkbox"/> article or <input type="checkbox"/> publication <input type="checkbox"/> website	<input type="checkbox"/> virtual <input type="checkbox"/> meeting <input type="checkbox"/> other

Agendas and Handouts

Include the agendas for the meetings, plus any handouts or educational materials used in the meetings.

Practice Records

Every day that you practice, record the number of minutes and rabbit's ear# on that date. At the end of each month, total your practice time for each project animal.

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Total Minutes Practiced _____

Activities other than 4-H

What other clubs or groups did you belong to this year? (school, community, church, 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, if any, leadership roles did you fulfill outside of 4-H? (school, community, church, etc...)

“Who’s Who” in Rabbit Hopping and 4-H

Club Leadership:

President _____
Vice President _____
Secretary _____
Treasurer _____

Local Leadership:

4-H Extension Agent _____
Program Technician _____
Ag Supervisor _____
Fair Superintendent _____

National Leadership:

AHARC President _____
ARBA President _____



4-H Showmanship

(This page to be completed after Fair)

I did not compete in showmanship this year

Please include your showmanship scores for this year:

_____ Written test

_____ Interview

_____ Project Book (as judged in Sykes Hall)

_____ Resume

_____ Hopping Showmanship

What part of Showmanship were you most proud of and why?

What could you improve on for next year?

Rabbit Hopping Competition Scoresheets

You may also include any other documents that you feel connect to your Hopping Competitions in this section.

Other Photos

We would love to see photos of your rabbit hopping accomplishments and activities throughout the year. Include any photos that relate to your rabbit hopping project. Captions are appreciated!

