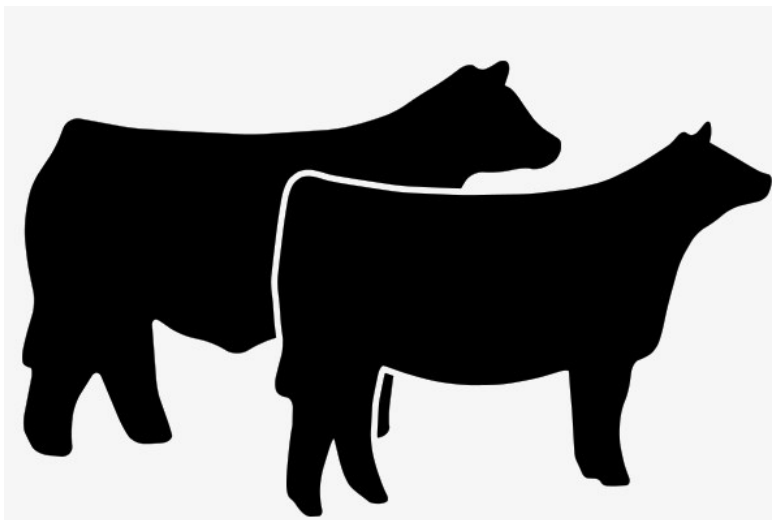




Virginia 4-H Beef Project



Senior Record Book

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 enrolled 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: _____

Revised 2020



Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University

www.ext.vt.edu



VIRGINIA STATE UNIVERSITY

Instructions for Using this Record Book

This record book 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 apply 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 of 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 10 sentences.

Revised 2020 by Tina Hernandez, Loudoun County 4-H Beef Club Leader.

Revised 2006 by: Kelly Mallory, Extension Agent, 4-H Youth; Kaci Coppedge, Extension Agent, 4-H Youth; Cyndi Estienne, Extension Agent, 4-H Youth; Mary Elizabeth Williams, Extension Agent, 4-H Youth; Jocelyn Dailey, Extension Agent, 4-H Youth; Leslie Prillaman, Extension Agent, 4-H Youth; Bertha Durbin, 4-H Volunteer; Sandra Turner, 4-H Volunteer; Mark Walberg, Extension Animal Science Specialist, Virginia Tech; Celeste Crisman, Extension Equine Specialist, Virginia Tech, David Winston, Extension Diary Specialist, Virginia Tech.

www.ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Clinton V. Turner, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

Project Planning

This page should be completed at the start of your project.

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 animal \$ _____

Cost of feed \$ _____

Cost of supplies \$ _____

Other costs \$ _____

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

After completion, show this page to your 4-H Leader

Leader's Signature: _____ **Date:** _____

Market Beef Inventory

One chart for all market beef animals

| Beginning Animal Inventory | | | | | | | Closing Animal Inventory | | |
|------------------------------|-------------------------------------|---------------|------------------|-----------------------|--------------------|--------------------------------------|----------------------------|--------------|---------------------|
| Identification of the Animal | | Date Obtained | | Beginning Information | | | Kept | | Sold |
| Animal ID | Description (breed, color, etc.) | Sex | Raised (Born) | Purchased | Starting Weight | Animal Value or Purchase Price | Value at End of Project | Final Weight | Total Selling Price |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

** Call your local Livestock Market or visit the VDACS Market News Website
<http://www.vdacs.virginia.gov/livestock/index.shtml> to find market value of your project animal. **

Beef Heifer Inventory

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

| Animal ID (Name or #) | Registration # And/or Tatoos | Description (breed, color, markings, etc.) | Birth Date | Ownership Information | Animal Value or Purchase Price |
|--------------------------|---------------------------------|---|------------|---|-----------------------------------|
| | | | | <input type="checkbox"/> Raised on the Farm <input type="checkbox"/> Purchased _____ (purchase date) <input type="checkbox"/> Leased _____ (lease date) | |
| | | | | <input type="checkbox"/> Raised on the Farm <input type="checkbox"/> Purchased _____ (purchase date) <input type="checkbox"/> Leased _____ (lease date) | |
| | | | | <input type="checkbox"/> Raised on the Farm <input type="checkbox"/> Purchased _____ (purchase date) <input type="checkbox"/> Leased _____ (lease date) | |
| | | | | <input type="checkbox"/> Raised on the Farm <input type="checkbox"/> Purchased _____ (purchase date) <input type="checkbox"/> Leased _____ (lease date) | |
| | | | | <input type="checkbox"/> Raised on the Farm <input type="checkbox"/> Purchased _____ (purchase date) <input type="checkbox"/> Leased _____ (lease date) | |

How to Calculate Monthly Cost of Feed

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 10. Even if you feel comfortable with the calculations, this page must be filled out in its entirety.

Grain

Cost of a bag of grain: \$ _____ ÷ _____ (lbs in the bag) = \$ _____ per lb

Amount fed: _____ lbs per day X _____ days (in a month) = _____ lbs

Monthly cost of grain: \$ _____ X _____ lbs =
(cost per lb of grain) (total amount fed) (monthly cost of grain)

Hay

Cost of a bale of hay: \$ _____ ÷ _____ (lbs per bale) = \$ _____ per lb

Amount fed: _____ lbs per day X _____ days (in a month) = _____ lbs

Monthly cost of hay: \$ _____ X _____ lbs =
(cost per lb of hay) (total amount fed) (monthly cost of hay)

Supplements

Cost of package \$ _____ ÷ _____ (lbs/oz per pack) = \$ _____ per lb/oz

Amount fed: _____ lbs/oz per day X _____ days (in a month) = _____ lbs/oz

Monthly cost of supplement: \$ _____ X _____ lbs =
(cost per lb/oz) (total amount fed) (monthly cost of supplement)

Heifer Identification Page

*(Complete this page for **ONE** of your heifer projects)*

Animals 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, washing, trimming, foot care, etc.)
- Health practices and medications
- General management (cleaning stalls, feed pans, water buckets, halter breaking, training, etc.)

Daily– Things done everyday

(example: fed grain, provided fresh water, spent time with animal)

Weekly– Things done once a week

(example: cleaned food and water containers, gave new bedding)

Monthly– Things done once a month

(example: groomed my animal)

Yearly– Things done once a year

(example: trimmed my animal's hooves)

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 members. (*Example: 1 set of clippers shared between three members is \$250/3= \$83.00*).

| Beginning Inventory– Equipment on hand at the beginning of the project | | |
|--|------------------|-----------------|
| Remember that these are not “new” items. Wear and tear occurs on equipment used 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 | Ending Value |
| <i>(ex. 3 rope halters)</i> | <i>(\$12.00)</i> | <i>(\$9.00)</i> |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| New Inventory– Equipment and supplies purchased during the project year | | |
|---|------------------|------------------|
| Wear and tear occurs on the equipment as we use it. New items will depreciate (go down in value). Please take this into account | | |
| Amount & Kind | Beginning Value | Ending Value |
| <i>(ex. New show halter)</i> | <i>(\$80.00)</i> | <i>(\$75.00)</i> |
| <i>Fly spray</i> | <i>(\$15.00)</i> | <i>(\$0.00)</i> |
| | | |
| | | |
| | | |
| | | |
| | | |
| Total Inventory (both beginning and new inventory) | (A) \$ | (B) \$ |

A-B= ending equipment value

When calculating the total inventory balance value and ending value– use all numbers within both charts

| | | | | | |
|----|---|----|---|----|------------------------|
| \$ | - | \$ | = | \$ | Equipment Value |
|----|---|----|---|----|------------------------|

Feed Summary

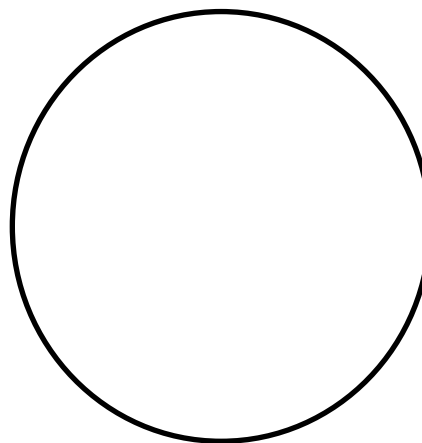
Calculate the total amount of feed used and the amount spent of feed. Leave any blank that do not apply.

Total pounds of grain: _____ lbs

Total Pounds of hay: _____ lbs

Total Pounds of supplements: _____ lbs

Total pounds fed: _____ lbs

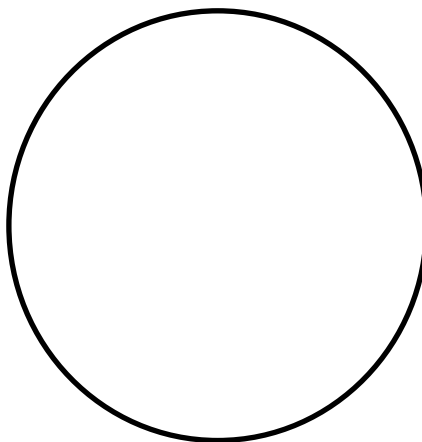


Total cost of grain: \$ _____

Total cost of hay: \$ _____

Total cost of supplements: \$ _____

Total feed cost: \$ _____



Question:

How do these pie charts compare?

Other Health Care Expenses

Anything health related that does not fit into the treatment category like health papers from the veterinarian or hoof trimming.

| Date | Description | Cost \$ |
|-------------------|--------------------------------------|----------------|
| <u>Ex. July 1</u> | <u>Health Papers for county fair</u> | <u>\$75.00</u> |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Total Other Health Care Expenses: \$ _____

Total cost of treatments \$ _____ + Total other health care expenses: \$ _____ = \$ _____

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 of 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) 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= $\{84-(1.5 \times \% \text{ Crude Fiber})\} = \% \text{ TDN}$

(example: $\{84-(1.5 \times 15\%)\} = 61.5\%$)

Miscellaneous Expenses or Fees

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

| Date | Description | Cost \$ |
|------|-------------|---------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Total Miscellaneous Expenses: \$ _____

Miscellaneous Income

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

| Date | Description | Cost \$ |
|------|-------------|---------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Total Miscellaneous Income: \$ _____

Show Ring Record

Record the date and name of shows attended, placing out of the number of entries in the class and any premiums won.

Market Animal Record

| Date | Show | Class | Placing | Premiums Won |
|------|------|-------|----------------|--------------|
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |

Total Premiums Won: \$ _____

Heifer Record

| Date | Show | Class | Placing | Premiums Won |
|------|------|-------|----------------|--------------|
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |
| | | | ___ out of ___ | |

Total Premiums Won: \$ _____

Breeding and Calving Summary

This page will not be used for Market Animals, skip this page if you have no heifer projects.

| Animal ID | Date Bred | Date Calved | Sex of Calf | End Product |
|-----------|---|-------------|-------------|--|
| | 1st Service: _____ 2nd Service: _____ 3rd Service _____ | | | <input type="checkbox"/> Added to herd <input type="checkbox"/> Sold \$ _____ |
| | 1st Service: _____ 2nd Service: _____ 3rd Service _____ | | | <input type="checkbox"/> Added to herd <input type="checkbox"/> Sold \$ _____ |
| | 1st Service: _____ 2nd Service: _____ 3rd Service _____ | | | <input type="checkbox"/> Added to herd <input type="checkbox"/> Sold \$ _____ |
| | 1st Service: _____ 2nd Service: _____ 3rd Service _____ | | | <input type="checkbox"/> Added to herd <input type="checkbox"/> Sold \$ _____ |
| | 1st Service: _____ 2nd Service: _____ 3rd Service _____ | | | <input type="checkbox"/> Added to herd <input type="checkbox"/> Sold \$ _____ |

Breeding Heifer Production Record

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

Rate of Gain: pick one month to measure your heifers' rate of gain.

Start Date: _____

End Date: _____

| Heifer Name | Start Weight | End Weight | Rate of Gain <small>Pounds gained ÷ days in month</small> |
|-------------|--------------|------------|--|
| | | | |

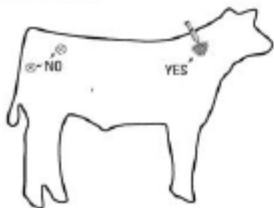
Health Treatment Record

Deworming, vaccinations, vitamin injections, antibiotic treatment, mange/lice treatment, other health treatments

| Animal ID | Date | Condition being treated | Treatment Administered | Withdrawal Time (on label) | Treatment Cost |
|-----------|------|-------------------------|--------------------------|----------------------------|----------------|
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |
| | | | Product used: Dosage: | | |

Total cost of Treatments for Heifers: \$ _____

Total cost of Treatments for Market Beef: \$ _____



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
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: _____

Project Financial Summary

Every project has value even if leased or borrowed. Please work with the owner or breeder to determine the value of the project. One goal of the animal project is to teach budgeting, marketing, and money management skills. The following chart will help you evaluate the financial status of your project.

| <u>Heifer Project</u> | <u>Income</u> |
|--|---------------|
| 1. Premiums won, animals sold, milk sold, etc. (pg. 16 & 17 & 18) | \$ _____ |
| Total Income: | |
| \$ _____ | |
| <u>Expenses</u> | |
| 1. Animals purchased or leasing fees (if animal is leased) (pg. 5) | \$ _____ |
| 2. Equipment expenses (pg. 8) | \$ _____ |
| 3. Feed expenses (if not included in leasing fees) (pg. 9) | \$ _____ |
| 4. Health Care expenses (pg. 14 & 15) | \$ _____ |
| 5. Miscellaneous expenses (pg. 16) | \$ _____ |
| Total Expenses (add 1+2+3+4+5)= | |
| \$ _____ | |
| Financial Summary (Income– Expenses)= | |
| \$ _____ | |

| <u>Market Beef Project</u> | <u>Income</u> |
|--|---------------|
| A. Value of animal (s) sold (pg. 5) | \$ _____ |
| B. Show premiums won (pg. 17) | \$ _____ |
| C. Miscellaneous income (pg. 16) | \$ _____ |
| Total Income (add A+B+C)= | |
| \$ _____ | |
| <u>Expenses</u> | |
| A. Purchase price or value of animal at beginning of project (pg. 5) | \$ _____ |
| B. Equipment expenses (pg. 8) | \$ _____ |
| C. Feed expenses (pg. 9) | \$ _____ |
| D. Health Care expenses (pg. 14 & 15) | \$ _____ |
| E. Miscellaneous expenses (pg. 16) | \$ _____ |
| Total Expenses (add A+B+C+D+E)= | |
| \$ _____ | |
| Financial Summary (Income-Expenses)= _____ | |

Market Beef Production Record

Live Animal Data

| Animal ID | A Ending Weight | B Beginning Weight | C Total Pounds Gained (A-B=C) | D Total Days on Feed | Average Daily Gain (C÷D) | E Total Pounds of Feed | Feed Efficiency Conversion (E÷C) | Cost per pound of grain (total expenses ÷ pounds gained) | Break Even Price (Total expenses ÷ Finished weight of animal) |
|-----------|--------------------|-----------------------|-------------------------------------|-------------------------|-----------------------------|---------------------------|-------------------------------------|---|--|
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |

Carcass Animal Data

Complete this section of the animal's carcass was evaluated. Fill in areas where you received data.

| Animal ID | Carcass Weight | Quality Grade | Dressing % (Carcass weight ÷ live weight) | Backfat (inches) | Ribeye Area (REA) Square inches | Yield Grade | Percent Retail Product | Carcass Value |
|-----------|----------------|---------------|--|---------------------|---------------------------------------|-------------|------------------------|---------------|
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

4-H Activities

Number of meetings held: _____

Number of meetings attended: _____

What 4-H Committees did you serve on?

Did you hold an officer position in your club this year? Yes No

If yes, which one? (Mark an X at the position you held)

__ President __ Vice President __ Secretary __ Treasurer __ Historian __ 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, camp, Share-the-Fun, county contests, judging team, etc.)

| Activity | Date | Location | Placing or Comments |
|----------|------|----------|---------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Activities other than 4-H

What other clubs or groups did you participate in 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 fulfil outside of 4-H? (school, church, sports, etc.)

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, etc.). Senior members’ stories should be at least ten sentences.



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 project book will complete the scorecard.

| <u>Points Possible</u> | <u>Scoring Criteria</u> | <u>Points Awarded by Judge</u> |
|-------------------------------|--|---------------------------------------|
| 10 | Neatness (legible writing, one color ink, well-organized) | _____ |
| 15 | Completeness (all pages and sections, complete thoughts and ideas) | _____ |
| 5 | Signatures (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, grammer, mechanics) | _____ |
| 10 | Photos (include at least one photo– not more than two) | _____ |
| <u>100</u> | | <u>Total:</u> _____ |

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

Additional comments: