

Shooting Sports Record

All Disciplines



2025-2026

	Name:
Discipline:	4-H Club:
Year in this Discipline: (include current year)	County:
Age Group (check one): <input type="checkbox"/> Junior (8-10) <input type="checkbox"/> Intermediate (11-13) <input type="checkbox"/> Senior (14-18)	If you are planning to do a shooting sports exhibit in more than one discipline at the county or state fair, you will need to have a separate e-record for each exhibit with the discipline specific activity log. (Example: If you are exhibiting a shotgun display board you will need a shooting sports e-record which must include the shotgun activity log and information pertaining to shotgun. If you are then exhibiting an archery stand-alone, you will need a shooting sports e-record which must include an archery activity log and information pertaining to archery.)
Birthdate: (mm/dd/yy)	
4-H Age: (As of December 31, 2023)	

Project and exhibit guidelines for each project are listed in the State Fair Exhibit Requirements available on the web at Colorado4h.org.

*I declare that the information in this book is correct, and all 4-H requirements have been completed to the best of my knowledge. **(This should be signed at the end of the project.)***

Member's Signature	date
Leader's Signature	date
Parent/Guardian Signature	date

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Project Goals

(To be completed at the first meeting or at the beginning of the 4-H year.)

Identifying goals and how you are going to reach those goals is important to help you become more skilled and knowledgeable about your project. Personal goals are statements that indicate what you want to achieve or improve upon. You might begin by asking yourself, "What do I want to accomplish this year by taking this project?" Answering that question will help you identify your annual personal goal(s). Once you decide on a goal, then you need to plan a "To Do" list. You might think of this "To Do" list as those things you can learn or do to help you reach that specific goal. ***Remember to use complete sentences.**

In the space provided below, **Junior members must record at least one project goal. Intermediates – at least two goals, and Seniors – at least three goals.** For each goal listed, members must record at least three "To Do" items that would help them to accomplish that goal. If you have more than three goals, insert additional copies of this page as needed.

For example, a Junior member taking a woodworking project might write:

Goal 1: Learn to sand and finish a wood piece.

"To Do" list: 1) Learn to operate and maintain block sander. 2) Observe a knowledgeable woodworker in action. 3) Visit a furniture factory to see how sanding and finishing is done. 4) Tell my parents that I want to do my own work in preparing my project for exhibit.

Goal 1:

"To Do" list to reach the goal:

Goal 2:

"To Do" list to reach the goal:

Goal 3:

"To Do" list to reach the goal:



How I Participate in 4-H!

Categories of Participation	Total This Year	Description/Project Title
What 4-H projects are you taking this year?		
What activities helped you learn the skills for this project? (project meetings, workshops, classes, contests, etc.)		
What leadership development experiences did you participate in? (club/district/state/officer, committee chair, LDC, CLC, YouthFest, State Conference, Jr./Teen leader, pledge leader, etc.)		

4-H	Date	Hours	Activity/Title	Location
Citizenship/Community Service				
Demonstrations/Presentations/Speeches		N/A		
		N/A		
		N/A		

Project Expense and Income/Value

*Expenses: **Juniors only**, figure the cost of the specific ingredients and materials used for your final exhibit item or display board. Label the item "Exhibit" or "Board". You can add a more specific name. **Intermediates/Seniors**, list items **purchased** this year for your project, such as equipment, ammunition, class fees, etc. **If you are traveling to practices and contests, then put down your expenses.** (More pages can be added if needed.)*

Item	Project Expenses
	\$
	\$
	\$
	\$
TOTALS	\$
<i>Income or Value: Intermediates/Seniors Only 1. List practice items or items made-like gun case, shooting board, quiver, etc.—and estimate the value by comparing it to a similar item you could buy. 2. Record the value of your exhibit item by comparing it to a similar item you could buy. Display boards have no value. 3. Record the amount of money you received for any items you sold as Income.</i>	Income or Value
	\$
	\$
	\$
TOTALS	\$

Return on Investment

Intermediate and Senior Members

Every day we make decisions about where to spend our time and money and what activities we want to continue. Ask yourself: How did I benefit from this project? What knowledge and skills did I gain from the project? Did I enjoy it? Was it worth the expense? Could I spend money more wisely the next time? Is it worth doing again? Do I want to learn more?

1. What knowledge and skills did you learn that you can use again?
2. How could you use your new skills to save money or to make money?
3. If you made a product to sell, how would you decide a price for your product?

4-H Shooting Sports Inventory

Make copies as needed. Complete the inventory for the discipline/project in this record book.

List ALL equipment that you use as part of this discipline/project. It is not important that you personally own the equipment. It can be given to you or borrowed by you. Do not list ammunition.

Discipline/Project: _____

[illegible]

Air Pistol Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Air Rifle Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Archery Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

.22 Rifle Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

.22 Pistol Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Shotgun Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Muzzleloading Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Western Heritage Activity Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. (For non-standard targets at least list the number of “hits” and the number of “misses”.) **Add pages as necessary.**

[illegible]

Western Heritage Shoot Log

Be sure to list formal or informal practices in addition to “official” shoots. Keeping an accurate log will show areas of improvement or problem areas. **Add pages as necessary.**

[illegible]

Hunting/Outdoor Skills Activity Log

Be sure to list formal and informal practices in addition to "official" events and shoots. Be as accurate as you can when you list "scores". Keeping an accurate log will show areas needing improvement. (For non-standard targets (no scoring rings) at least list the total number of shots taken and the total number of hits. This will give you an idea of your success.) **Add pages as necessary.**

Hunter Safety Card #: _____

If you do not have your card, when do you plan on getting it?

State Issuing Card: _____

Date Card Issued: _____

Informal Shooting/Event Practices:			
Date	What Did You Do?	How Did You Do? (Comments)	Score (#hits/#shots)

Sanctioned 4-H Hunting/Outdoor Skills/YHEC Challenge Events:										
Date	Location	Archery Score	Muzzle Score	Shotgun Score	Rifle Score	Exam/Decision Score	Wildlife ID Score	Trail Score	Orienteer Score	Score (total/total possible)

Other Events/Activities:			
Date	What Did You Do?	How Did You Do? (Comments)	Score (#hits/#shots)

Outdoor Activities (Hunting/Fishing/Camping Trips):		
Date	What Did You Do?	How Did You Do? (Comments)

Other Items to share:

How Did You Do?

Look back at the goals you listed on page two at the beginning of the year. How did you do? Did you meet the goals that you set for yourself on page two? List your goals below. Using a scale from 5 to 1, rate how you feel you did on each goal. Also, give a short explanation of why you think you deserve the rating you gave yourself. If you created more than three goals, insert additional copies of this page. ***Remember to use complete sentences.**

“How Did You Do?” Rating Scale

Extremely Satisfied	Somewhat Satisfied	Neutral	Somewhat Dissatisfied	Extremely Dissatisfied
5	4	3	2	1

Goal 1:

Rate how you did (Circle): 5 4 3 2 1

Explanation:

Goal 2:

Rate how you did (Circle): 5 4 3 2 1

Explanation:

Goal 3:

Rate how you did (Circle): 5 4 3 2 1

Explanation:

Photographs from your 4-H Project

A minimum of four pictures with a descriptive caption for each is required. Additional photos can be added. Pictures must be project-specific.

4-H Story

Length and Format Guidelines

You can type or hand-write your story. If you hand-write the story, use pencil or ink on lined white notebook paper.

If a computer is used to write the story, use plain white paper with no smaller than 12-point font.

Leave wide enough margins so the story can be read if inserted into a report cover.

Limit your story to a maximum of two (2) pages.

Story can be single or double-spaced if it does not exceed two pages.

Younger members may want to double-space their story so you can see what you are writing.

Be sure to use proper grammar and sentence structure.

Edit your story when finished. Check your spelling.

Have someone else read your story.

The following questions may help you in composing a story specifically related to your project:

Why did you choose this project?

What would you do differently if you were to try it again?

What skills have you learned in the program?

Have your projects grown and scope?

Were any adults or other 4-H members especially helpful to you?

How? Has 4-H helped you become a better leader and citizen?

What has being a 4-H member meant to you?