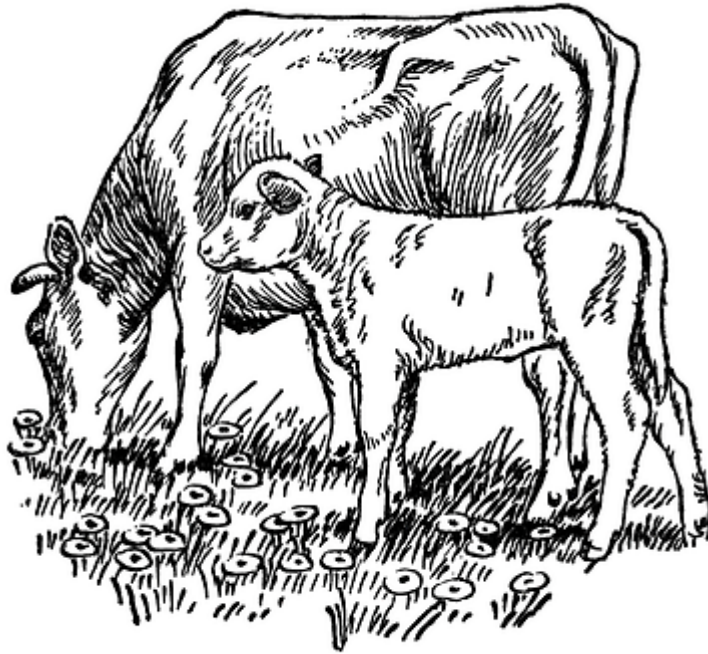


4-H Calf & Heifer Record



Year: _____

Goals

Identifying goals and how you are going to reach those goals is important to help you become more skilled and knowledgeable about your project and other parts of your life. Goals may be personal or specific to your project. Ask Yourself, what do I want to accomplish this year?

Record one SMART goal (**Specific, Measurable, Attainable, Realistic and Timely**) with two “TO DO’s” that will help you complete your goal. See Record Book guide for help on writing **SMART** goals

Goal

To Do Plan

- 1.)
- 2.)

If your unsure what to do, who can you go to for help about your projects?

Calf's Name _____

FEEDING RECORD (1-30 months)

Record feed weights on a lbs. Per day basis.

Feed Use	Age of Calf in Months														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Whole Milk															
Milk Replacers (dry weight in lbs.)															
Calf Starter (lbs.)															
Grain Mixture (lbs.)															
Hay (lbs.)															
Silage (lbs.)															
Indicate when on pasture & quality Ex.: Good - Poor															

Health Record (Include routine vaccinations)

Date	Item	Cost	Date	Item	Cost
Total:			Total Health Cost:		

Growth Record (weigh your calf at least every other month) Birth Weight of Calf _____ lbs.

Age (months)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Weight (pounds)															
Age (months)	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Weight (pounds)															

Heat and/or Breeding Record

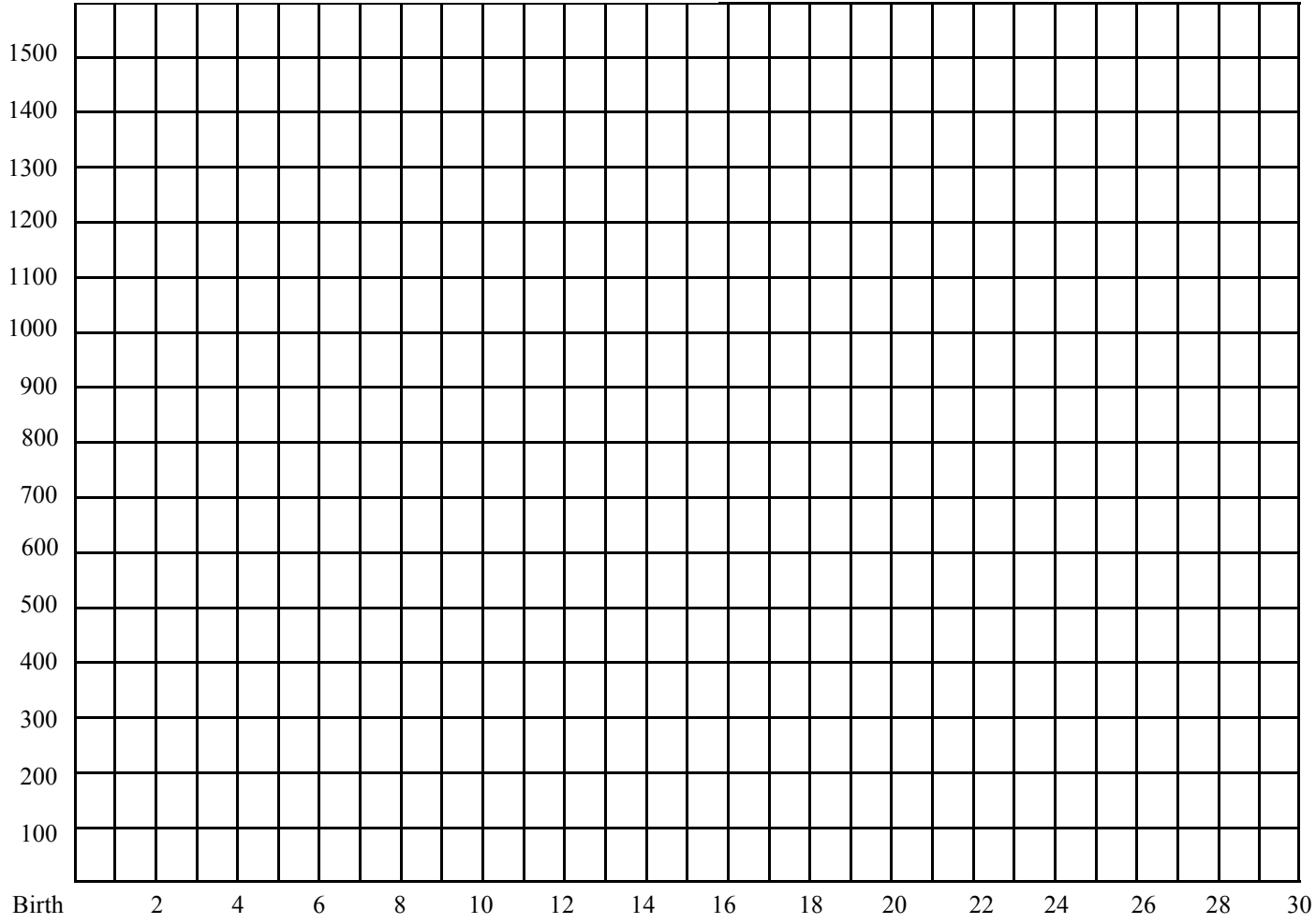
Date of Activity			Heat Signs Observed	Sire Used	Date Due	Remarks
Mo.	Day	Year				

Record feed weights on a lbs. per day basis.

Pencil may be used for totals if the chart is not complete

Age of Calf in Months														For Each Feed		
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Total lbs. Used	Total Cost/Value

Growth Standard For Dairy Heifers Total Cost of Raising This Animal



**Your heifer should be bred when she reaches this weight:
Ideally she should reach this weight by 15 months so that
she can be bred and calve by age 2.**

Holstein	750 lb.
Brown Swiss	750 lb.
Ayrshire	600 lb.
Guernsey	550 lb.
Jersey	500 lb.

Goal Reflection

Goals help you to achieve more when you review them each year. At the END of the year, answer the following:

Did you meet your goal this year? Why or why not?	
Which "to Do" did you complete?	
What helped you be successful?	

Project Completion

I declare that the information in this book is correct and all 4-H requirements, including Meat Quality Assurance training, have been completed to the best of my knowledge.

Last Meat Quality Assurance training attended: _____ (if applicable)

Date _____ Location _____

Member Signature Date

Leader Signature Date

Parent/ Guardian Signature Date

NOTE: Include this as the very last page of your record book, after your story, pictures and any supplement pages

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