

Tennessee 4-H Project Profile



Member's Name: _____

Grade (on January 1): _____

Number of Years in 4-H Project: _____

MY GOALS and WHAT I LEARNED

1. Project-related goals: List up to six (6) project goals you would like to accomplish this year. Goals should be written in SMART goal form and based on project coucomes: <https://4h.tennessee.edu/what-interests-you/>

Example: This year, I will research and design a stress management plan by working with my school counselor.

1.

2.

3.

4.

5.

6.

2. What I Did/Learned: Describe the knowledge, lessons and skills you learned this year related to your project and based on the goals you identified in the section above..What did you do towards achieving the goal? What did you learn? What did you accomplish?.

Example: This year, I met with my school counselor and created a three-prong stress management plan that focused on sleep, exercise and nutrition.

1.

2.

3.

4.

5.

6.

