



2025-2026 Dairy Heifer Record Book

Junior (4th – 8th grade)



Name _____ Age _____ Grade _____

School Name _____

Address _____

City _____ State _____ Zip Code _____

Parent/Guardian Name(s) _____

Phone # _____ Email address _____

County 4-H Club or FFA Chapter _____

Years in 4-H or FFA _____

Date Project Started _____ Date Project Completed _____

Member Statement: I hereby certify that I have personally kept records on this project and have personally completed the record book.

4-H or FFA Member's Signature _____ Date _____

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

Parent/Guardian Signature _____

Extension Leader's Signature (4-H) _____

Teacher Signature (FFA) _____

Instructions for Using this Record Book

This record 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 relate to your project animal. It is important that you do your own work, but ask your 4-H leader, Extension Agent, Agricultural Education teacher, parents, or other volunteers for help when you do not understand something.

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 project 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 project 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. It is suggested that you print a working copy to hand write in and then type in the pdf towards the end of the project.
4. Include at least one photograph of you with your project animal, but do not include more than two pages of photos.
5. 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 five sentences; more experienced 4-H or FFA members' stories should be more in depth.

Instructions for Submitting the 2025-2026 Commercial Dairy Heifer Record Books

This record book is for Junior participants in the 4th-8th grades. (Grade as of September 1, 2025) The record books will be evaluated by a committee of 4-H and FFA Jr. Livestock supporters. The top five Record Books will be recognized at the beginning of the Dairy Heifer Show. Additional awards may be awarded to selected placings once donor funds have been confirmed.

1. All entries must be from bona-fide 4-H or FFA member for the current year. All dairy heifers that a record book has been completed for must be entered in the 2026 State Dairy Heifer Show.
2. Record keeping is from the date of purchase until no later than January 31.
3. All Dairy Heifer Record Books must be submitted online by ag teacher/agent by close of business Monday February 2. The form to submit will be sent to Extension and FFA leaders.
4. The record book is complete. No additional pages are allowed.
5. All signatures must be obtained on the first page of the record book.
6. All work must be done by the submitting 4-H/FFA member. Plagiarism is not allowed. Record Books that appear to be plagiarized or not on grade level will be penalized.

Project Planning

Set at least three goals for yourself in this livestock project this year.

1. What do you want to learn?

2. What do you hope to accomplish?

3. What new activities do you want to try?

Please tell us about your project animal(s) (check all that apply).

- ☐ I purchased my project animal.
- ☐ My project animal was born on my family farm.
- ☐ I lease my project animal.
- ☐ I house/board my project animals at another location other than my residence.

How did you decide which animal to show?

Project Inventory: (Records for up to 3 heifers)

Heifer's Name _____ Ear Tag/Tattoo # _____

Breeder's Name and Address _____

Breed or color _____ Birth Date _____

Beginning Withers Height & Date _____ Ending Height & Weight _____

A. Beginning Date and Weight _____ *(when animal entered your care)*

B. Ending Date and Weight _____ *(when you completed record book)*

C. Total Weight Gain (B minus A) _____ Total Days of Feed _____

Heifer's Name _____ Ear Tag/Tattoo # _____

Breeder's Name and Address _____

Breed or color _____ Birth Date _____

Beginning Withers Height & Date _____ Ending Height & Weight _____

D. Beginning Date and Weight _____ *(when animal entered your care)*

E. Ending Date and Weight _____ *(when you completed record book)*

F. Total Weight Gain (B minus A) _____ Total Days of Feed _____

Heifer's Name _____ Ear Tag/Tattoo # _____

Breeder's Name and Address _____

Breed or color _____ Birth Date _____

Beginning Withers Height & Date _____ Ending Height & Weight _____

A. Beginning Date and Weight _____ *(when animal entered your care)*

B. Ending Date and Weight _____ *(when you completed record book)*

C. Total Weight Gain (B minus A) _____ Total Days of Feed _____

D. Total Weight Gain (B minus A) _____ Total Days of Feed _____

Animal Care and Management

Animal Health Records

Animal ID	Product Administered	Date Given	Amount	Route of Admin / Site	Withdrawal Time	Notes
<i>Tag 1234</i>	<i>Cattle-matic Dewormer</i>	<i>1/1/2024</i>	<i>10mL</i>	<i>Oral Drench</i>	<i>7 days</i>	<i>For the treatment of internal parasites</i>

Name of Veterinarian _____

Address _____

Phone # _____

Feed Purchased and Cost

[illegible]

[illegible]

*Note:
Total Cost = Pounds Purchased x Cost Per Pound
 (see below for *Total Feed Cost* formula)

Sub-Total #1	D.		E.
Sub-Total #2	D.		E.
Sub-Total #3	D.		E.

Total Pounds = _____ Total Feed Cost = _____

1. Why is keeping detailed and accurate health records on your animal important?
2. What other practices besides administering animal products did you do to keep your project healthy?
3. What is a Withdrawal Time?
4. What was the biggest expense during this project?
5. Were you satisfied with the feed you used this year? Why or why not?
6. What nutrient(s) is most important when feeding breeding heifers?

Dairy Questions

1. How many upper front teeth does a cow have?
2. True or False. An embryo with two X chromosomes will result in a female calf.
3. From which country did the Holstein cow originate?
4. What is the name of the hormone that causes milk "let-down"?
5. What month is National Dairy Month?
6. Name the stomach compartments in a ruminant animal.
7. What is the loose skin on the underside of the neck called?
8. What is a dry cow?
9. True or False. Dairy heifers exhibited in the State Dairy Show do not have to be dehorned.
10. Rennet is the name of the enzyme that is added to milk to make what dairy product?

Project Story

This is your chance to tell us all about your project. We suggest writing your story and then typing it into the form. The outline below is just a suggestion and includes questions to get you thinking.

- I. Introduction:
 - a. What type, breed, weight, etc., of heifer did you obtain and why did you choose a heifer as your project?
 - b. Why did you choose the animal you did – cost, breed, breeder, past successes, etc.?
 - c. In choosing your heifer, did you conduct any background research? If so, explain.
- II. Body:
 - a. Briefly describe what your daily care consisted of – feeding routine, exercise, etc.
 - b. What was your most significant experience? What did you learn about yourself and/or your project? Was there anything that surprised you about this project?
 - c. What has been your favorite part about showing cattle?
- III. Summary:
 - a. Will you be showing a heifer next year? Why or why not?
 - b. What are some things that you learned from raising your heifer?
 - c. Is there anything that you would do differently next year?

Project Story cont'd

Project Story cont'd

Supporting Materials

We want to see you and your project(s)! Captions are helpful so that we know what's happening.

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Dr. Nick Place, CAES Dean and Director