



2025-2026 Dairy Heifer Record Book

Senior (9th – 12th 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 Breeding Heifer Record Books

This record book is for Senior participants in the 9th-12th 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 Commercial 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 Commercial Dairy Heifer Show.
2. Record keeping is from the date of purchase until no later than January 31.
3. All Commercial 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 Record

Animal ID	Product Administered	Date Given	Amount	Route of Admin / Site	Withdrawal Time	Notes
Tag 1234	Cattle-matic Dewormer	1/1/2024	2mL	Oral Drench	7 days	For the treatment of internal parasites

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 = _____

NOTE: If multiple animal records are kept, determine calculations per animal number (#1-#4).

Other Costs:

	Heifer #1	Heifer #2	Heifer #3
Cost or Value of Animal	F.	F.	F.
Minerals, Vitamins, Salt and Other Feeds not listed in feeds	G.	G.	G.
Veterinary Costs -- vaccines, dewormers, blood Work	H.	H.	H.
Entry fees, trucking, show supplies, and other costs	I.	I.	I.
Total Costs (F+G+H+I)	J. \$	J. \$	J. \$
Total Feed and Other Costs (E+ J)	K. \$	K. \$	K. \$

Income:

	Heifer #1	Heifer #2	Heifer #3
Prize money won with project	L.	L.	L.
Prize money won in showmanship with project	M.	M.	M.
Sale Price (if sold). Insert \$150 if heifer is kept for breeding project	N.	N.	N.
Total Income (L + M + N)	O. \$	O. \$	O. \$
Total Spent (From previous section K)	P. \$	P. \$	P. \$
PROFIT OR LOSS (O - P)	Q. \$	Q. \$	Q. \$

Performance Record:

	Heifer #1	Heifer #2	Heifer #3
Total Weight Gain (from project inventory)	R.	R.	R.
Total Days on Feed (from project inventory)	S.	S.	S.
Average Daily Gain (R / S)	T.	T.	T.
Feed per pound of gain (D / R)	U.	U.	U.
Cost per pound of gain (E / R)	V.	V.	V.

Your Time with Your Project:

Time Spent General Care (hours) (daily feeding, watering, etc.)	W.
Time Spent Working with Animal/Practicing (walking, etc.):	X.
Time Spent Preparing for Show (washing, clipping, etc.):	Y.
Hours Spent Elsewhere (barn/pasture maintenance, etc.):	Z.
Total Number of Hours Spent with Project (W+X+Y+Z):	AA.

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 heifer healthy?
3. What is a Withdrawal Time?
4. If you could change your heifer in any way, what and why would you change it?
5. For one heifer, are you planning on breeding your heifer? If so, what sire are you choosing and why?

Dairy Questions

1. When a sperm cell with a Y chromosome fertilizes an egg, what sex with the offspring be?
2. What is the type of milking parlor where the cows stand on a rotating platform during milking?
3. On the Dairy Cow unified Score Card, under which category is the “hocks”?
4. What are the 2 primary gases produced in the rumen?
5. What do the initials ET stand for on a registered pedigree?
6. If a cow is bred in June, what month should she calve in (approximately)?
7. Name three of the five parts of a milking unit.
8. What is the highest grade of butter sold in the United States?
9. What country is home to the most milking cows in the world?
10. How long is a typical estrus cycle in a dairy cow?
11. What is the common name for the foot condition laminitis?
12. Which breed has milk with the highest butterfat content?

13. How many teeth does a mature dairy cow have?
14. What vitamin is added to milk at processing time?
15. Is the gene for polledness dominant, recessive, or codominant?
16. In a high producing, early lactation dairy cow, her body weight will _____ when she enters a negative energy balance phase.
17. If you have a 100-lb bag of feed, and 14% of it is protein, how many pounds of the bag is protein?
18. What is the term that refers to practices that prevent the introduction or spread of disease on the farm?
19. What size ice cream container is the most purchased size?
20. What group formed in 2009, has a mission to develop and provide broad-based financial support to enhance and expand Georgia Dairy Youth Programs?

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 you obtained and why you chose a heifer as your project?
 - b. Why did you choose the heifer 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