



# Setting 4-H Project Goals

Name: \_\_\_\_\_ Club: \_\_\_\_\_ Year: \_\_\_\_\_

Now that you have selected your 4-H projects for the year, it is important to plan out what you would like to learn and accomplish. What new skills would you like to gain? Who is going to help you along the way? Setting measurable goals will help guide you through positive 4-H project learning experiences.

## WHAT IS A GOAL?

A GOAL is . . . Deciding what you want do and learn in a 4-H project.  
A road map. It helps you get where you want to go.

Your goals should have three parts that will allow you to measure and check your progress. The three parts of a good goal, include:

1. **ACTION** — How are you going to do something.
2. **RESULT** — What are you going to do. Be specific!
3. **TIMETABLE** — When are you going to do it.

This worksheet is designed to help you set your 4-H project goals. Below are some examples of well-written goals:

Action	Result	Timetable	Who Will Help Me
I want to learn	about my bucket calf's nutritional needs	before county weigh-in.	Dad
I want to make	three nutritious snacks for the nursing home residents	by our June club meeting.	my project leader
I want to learn	about the aerodynamics of my rocket	before the spring launch.	Mom
I want to lead	a horse project meeting	by February.	my extension agent
I want to keep	accurate records of my photography project experiences and expenses	monthly.	my project leader & parents

CONTROL TEST: Do your goals pass the control test? Do you have control over all parts of what happens? If you can answer "yes," then you are ready to begin record keeping. For example, "I want to win grand champion with my cookies at the county fair," does not pass the control test. A 4-H member doesn't have control over ribbon placing.

Now it is your turn. Practice writing three goals that you would like to accomplish this 4-H year. If you need help, ask an adult to assist.

Action	Result	Timetable	Who Will Help Me
I want to . . .			
I want to . . .			
I want to . . .			

Time to begin. In the spaces provided on the next page, set your goals for each project you are enrolled in this year. Attach additional pages as necessary.

Please keep in mind that younger 4-H members will have fewer, less complex goals than older, more advanced 4-H members. A good rule of thumb is three to five goals per project for ages 7 to 10, four to eight goals per project for ages 11 to 13, and seven to 12 goals per project for ages 14 to 18.

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**PROJECT:** \_\_\_\_\_ **4-H Member Age:** \_\_\_\_\_ **Years in Project:** \_\_\_\_\_

	Action, Timetable, Result	Who Will Help Me
Goal #1		
Goal #2		
Goal #3		
Goal #4		
Goal #5		

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

4H1100

October 2018

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Interim Director.