

**COW CALF PAIR
INSERT**

THE CREED OF THE 4-H STOCK KEEPER

I will:

1. Provide comfortable and sufficient quarters for my livestock
2. Feed my livestock on time each day
3. Provide animals with clean water at all times.
4. Keep my animals free from parasites.
5. Strive to keep my livestock in good health
6. Learn as much as possible about the best methods of feeding and caring for livestock
7. Strive to improve the breeding and quality of my livestock, and of the livestock in my community, from year to year.
8. Be kind to animals
9. Always be a good sport in competition
10. Keep an accurate record of my projects.
11. Strive to fulfill the basic requirements of being a 4-H Club Member.

I have read and agree to abide by this creed.

Signature _____

Date _____

ABOUT MY COW CALF PROJECT

Project name:

My goal(s) with my cow/calf pair this year:

Condition Scoring

Condition score is a way of describing the amount of fat covering on the animal. Condition scores are:

- 1 - very thin (hip bones and ribs can be seen easily)
- 2 - lean (can feel ribs easily)
- 3 - good condition
- 4 - over conditioned (folds of fat develop over ribs and around tail head)
- 5 - fat (blocky appearance, mobility impaired by fat)

Optimum Condition at:

- Pregnancy Testing: 3.0
- Heifers Calving: 3.0
- Cows Calving: 2.5-3.0
- Breeding: 2.5-3.0

Condition Score of your animal at the start of the 4-H year and/or at pregnancy testing:

Expected due date or range (either from two year old project insert or based on pregnancy testing):

Reminders: Throughout your record book, round to two decimal places. Use a consistent unit of measurement (imperial or metric).

PHOTOGRAPHS

Include two photos: One taken of your cow within 2 weeks of your club's weigh-in and the second of your pair at Achievement Day. (Label and include date)

PROJECT PLANNING

Why did you choose this project?

What skills do you want to learn or improve on?

What goals do you want to accomplish with your project?

Your project animal requires regular care and management. Explain what you regularly do for, or with, your animals on a daily, weekly, monthly and yearly basis. Be as specific as possible.

Remember to consider the following:

- Feeding and watering practices
- Bedding
- Hoof Trimming
- Vaccinations
- Clipping
- Health check
- Cleaning pens, feed and water containers
- Check and repair fence

What I will do for my project animal...

Daily	Weekly	Monthly	Yearly

RECORD OF MY COW CALF'S PROGRESS

Fill out the monthly project reports only for those months when you are working on your project.

Month	Comment - How did your project do this month, questions, ideas?	
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:

Month	Comment - How did your project do this month, questions, ideas?	
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:
	Member:	
	Leader:	Leader Initials:

Health Record

Date	Condition Being Treated	Treatment (Medication, amount, and Route of Administration)	Withdrawl Time	Cost(s)
Nov 28	Prevent Parasites	Ivermectin at 1ml/22lbs. (Topical)	49 days	\$0.41
Total Health Care Cost (F)				\$

Administration Methods

- Oral (O)- In feed, balling gun, drenching bottle, etc.
- Topical (T)- Poured over topline
- Subcutaneous (SubQ)- Injected beneath the skin but not into the muscle
- Intramuscular (IM)- Injected directly into muscle
- Intervenous (IV)- Injected into a vein
- Internasal (IN)- Administed up the animals nose

Withdrawl Time- Defined as the time needed after administraion of a drug to ensure that drug residue in the marketable meat is below a determained Maximum Residue Limit (MRL). The animal may not be sold for slaughter during this time.

MONTHLY FEED RECORD

Include the values of pasture, silage, hay and grain that your project animal eats. If you share feed with someone else, calculate and record only the value of the feed your own animals eat.

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G1)		Total (H1)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G2)		Total (H2)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G3)		Total (H3)

MONTHLY FEED RECORD CONTINUED

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G4)		Total (H4)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G5)		Total (H5)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G6)		Total (H6)

MONTHLY FEED RECORD CONTINUED

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G7)		Total (H7)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G8)		Total (H8)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G9)		Total (H9)

MONTHLY FEED RECORD CONTINUED

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G10)		Total (H10)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G11)		Total (H11)

Monthly Record For: _____

Feed (Grains, Hay, Supplements, Pasture)	Days on Feed	Weight per Day kgs/lbs	Monthly Weight kgs/lbs	Price per Weight Unit (\$)	Monthly Feed Cost (\$)
			Total (G12)		Total (H12)

MONTHLY FEED RECORD CONTINUED

Total Cost of Feed* - Add the cost of each month's feed.

<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H1	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H2	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H3	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H4	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H5	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H6	+
<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H7	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H8	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H9	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H10	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H11	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> H12	=
<input style="width: 100px; height: 30px; border: 1px solid black;" type="text"/> Total Feed Cost (H)											

Total Amount of Feed* - Add the cost of each month's feed.

<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G1	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G2	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G3	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G4	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G5	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G6	+
<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G7	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G8	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G9	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G10	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G11	+	<input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> G12	=
<input style="width: 100px; height: 30px; border: 1px solid black;" type="text"/> Total Amount of Feed (G)											

***Note:** Calculate your feed amounts and costs from Oct. 1 to Sept. 30, or the date you sell this cow and calf out of your herd, if prior to that.

MY ANIMAL'S PERFORMANCE

Calving Information

Calving Ease: Unassisted Easy Pull Hard Pull C-Section

Presentation: Not Observed
 Normal Frontwards (two front legs and nose)
 Normal Backwards (two hind legs and tail)
 Breech (backwards, tail but no legs)
 Upside Down
 One Leg Back
 Head Back
 Both Front Legs Back

Condition Score at Calving: _____

About My Calf(s)

Birthdate _____

Calf 1 Information:

Calf Name/Tag # _____ CCIA # _____

Sex (bull/heifer) _____ Weight at Birth _____ Colour _____

Castration Date _____ Horns Polled

Calf 2 Information:

Calf Name/Tag # _____ CCIA # _____

Sex (bull/heifer) _____ Weight at Birth _____ Colour _____

Castration Date _____ Horns Polled

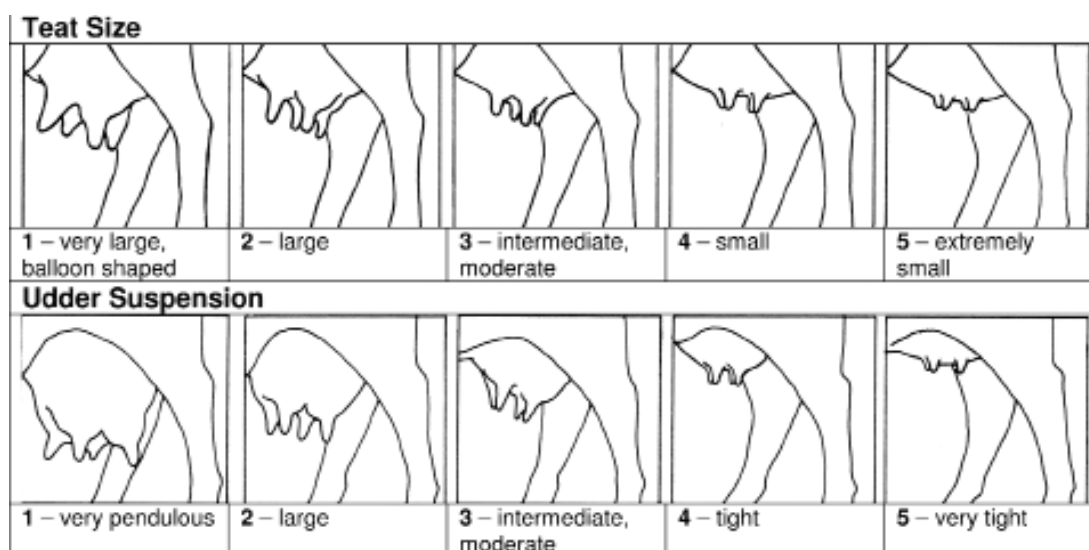
The Ideal Udder

An ideal udder is snugly attached, symmetrical and of moderate length, with a strong median suspensory ligament. The quarters should be evenly balanced, with teats placed squarely under each quarter and point perpendicular to the ground. Teats should be medium in length and the diameter should be consistent from the top to the bottom with the end of the teat being rounded.

Circle the pictures below that best describe your cow's teats and udder suspension. Udders should be scored within 24 hours of calving (at the same time birth weights are taken) and scored on the weakest quarter.

Udder Score *

*Used with permission from the Alberta Simmental Association. June 2012



Disposition

Check the description that best fits your cow's disposition during processing.

- Docile - Gentle and easily handled. Moves slow during processing.
- Restless - Quieter than average. May be stubborn during processing.
- Nervous - Manageable, but nervous and impatient. Exits chute briskly.
- Flighty - Jumpy, may bellow, continuous tail flicking, exhibits long flight distance.
- Aggressive - Similar to 4, but with fearful, extreme agitation, and may exhibit attack behaviour.

What was your cow's disposition after she calved?

- Docile - Excited but easily handled, intent on licking calf, ignores humans
- Restless - Quieter than average. May move away but circles and comes back to calf
- Nervous - Manageable, but impatient, bauls at calf, may leave calf but runs back quickly
- Flighty - Head up, fearful, runs away and takes awhile to return to where her calf was
- Aggressive - Paws ground, shakes head, bellows, may charge dog or human that approach calf; may run over calf in attempt to protect it

FINANCIAL SUMMARY

Total Expenses

Health Expenses			(F)
Feed Expenses	+		(H)
Project Related Expense	+		(L)
Total Expenses	=		(P)

Total Income

Value of progeny at Sept 30th (Market OR Sale Value)		(Q)
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Profit or Loss		-		=	
	(Q)		(P)		(U)

PLANNING FOR NEXT YEAR

On average, how many days were between estrus cycles? _____

What signs does your cow show when she is in heat? _____

Breeding information

Breeding Method Artificial Insemination Natural

Sire Used (breed, name and/or tag/ tattoo)	Date Bred (AI) or First Exposed to Bull	Date Last Exposed to Bull	Projected Due Date or Range*	Comments

*A cow's gestation period is approximately 283 days (approximately 9 months).
How many teats does your cow have? _____

PLANNING FOR THE COW TO JOIN THE HERD

ESTRUS (HEAT) RECORD

Use this page to record estrus (heat) cycles. Keeping a record of estrus cycles will help you predict when breeding will most likely be successful.

Estrus (E) Standing Heat (S) Bred (B)

January

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

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

March

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

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

May

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

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

July

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September

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

October

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

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

December

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

EVALUATION OF MY PROJECT

1. What were the strengths of your Cow calf pair? (maintained conformation, mothering, feed conversion, etc.)

2. What were the weaknesses of your Cow calf pair? (conformation, temperament, etc.)

3. What would you do differently with your Cow calf pair if you were starting the year again? (feed, breeding, etc.)

4. What was the most important thing you learned about your Cow calf pair?

5. Will you keep or sell this cow? Why?

6. What is the most important NEW thing you learned during your Cow calf pair project year that you can share with others? (tips from others, health and welfare, etc.)

YOUR CLIPPING PAGE: *Add in your notes, pictures and clippings here. Add MORE pages as necessary.*

RECORD BOOK - Livestock Marking Guide

This is just a guide - clubs can add, delete or change any of the book to suit the clubs' needs.

Member Name: _____ Age Group: JR/INT/SR

BASE BOOK -Completeness(Including Accuracy pages)

All pages to be filled in or N/A marked

About Me/About my Club		/8
My 4-H Year Plan		/2
Record of Club Activities		/4
Record of District, Regional & Provincial Activities		/4
Code of Conduct		/4
Financial Summary for 4-H year		/4
Story of my 4-H Year		/4
Neatness & Personality- Base Book Only		/8

INSERT - RECORD BOOK

Accuracy: All records and calculations should be complete.

	Project one	Project two	Project three
My Project /Project Planning	/5	/5	/5
Stock Keeper's Creed	/2	/2	/2
Picture - Beginning & End Project Picture	/5	/5	/5
Growth Chart/Rate of Gain	/6	/6	/6
Health Record	/4	/4	/4
Other Expenses	/4	/4	/4
Monthly records (to a maximum of 10 points)	/10	/10	/10
Project Financial Summary Records	/10	/10	/10

Neatness: Inserts

Neatness is more than penmanship. It also includes spelling, punctuation, spacing & consistency. Corrections should be minimal & neat.

	/8
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Personality: Completed Book

4-H Communication Activity/Judges sheets		/4
4-H Handouts - Agenda, Financials, Etc.		/4
Organization & presentation of material		/4
Originality & Creativity		/4
Quality Photos & pictures - titled & dates		/6
Clipping Pages Newspaper & magazine articles		/6

Attention to Detail:

This Mark recognizes the members that have contributed extra to their record book

	/5
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Total Points

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General Comments::
