

**BEEF HEIFER
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 BEEF HEIFER PROJECT

Name of Animal _____ Date of Birth ____ / ____ / ____

PID # _____ Location of PID # _____

CCIA Eartag _____ 4-H Eartag or registered tattoo _____

Date Project Purchased or Chosen from your herd _____

Purchased from _____

Breed of Heifer _____ Purebred Commercial

Dam Breed/Name _____

Sire Breed/Name _____

Purchase price or initial value (B) _____

(NOTE: Include registration certificate if purebred)

Tip: Round to two decimal places. For example: use 2.96 lbs instead of 2.956 in your calculations.

Tip: Use consistent units of weight throughout your record book - either imperial or metric. You may want to discuss this with your project leader.

Conversions to use: 1 lb = 0.454 kg or 1 kg = 2.2 lbs

Examples: 600 lbs x 0.454 kg/lb = 272 kg

250 kg x 2.2 lb/kg = 550 lbs

PHOTOGRAPHS

Include two photos: One taken of your heifer within 2 weeks of your club's weigh-in and the second 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 HEIFER'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:	
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	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.

FEED RECORD EXPLANATION

Important Feed Terms

- Nutrients – Needed for maintenance, growth, production and reproduction. Animals require water, protein, carbohydrates (energy), vitamins, and minerals.
- Balanced Ration – A feed mixture that supplies an animal's entire daily nutritional needs.
- Roughage – High fibre feed. Example: hay, silage, straw, green feed.
- Concentrate – High energy feed. Example: barley, oats, corn.
- Supplements – A combination of nutrients added to feed to balance a ration. Examples: salt, minerals, limestone, molasses, etc.
- Feed additives – Other ingredients added to a ration to improve feed efficiency and weight gain. Example: Rumensin

Example MONTH: May

Feed Type	Days on Feed	Weight per Day (lbs)	Monthly Weight (lbs)	Cost per lb	Cost per Month
Barley	31	10	(31 days x 10 lbs) 310	\$0.08	(310 x \$0.08) \$24.80
Hay	31	12	372	\$0.05	\$18.60
Salt	31	0.2	6.20	\$0.09	\$0.56
		Total Feed This Month	688.20	Total Cost this Month	\$43.96

TIP: If you need more space under feed type, put in items such as salt and supplements in "Other Project Related Costs".

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.

<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H1	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H2	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H3	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H4	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H5	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H6	+
<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H7	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H8	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H9	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H10	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H11	+	<div style="border: 1px solid black; width: 60px; height: 30px; margin: 0 auto;"></div> H12	=
<div style="border: 1px solid black; width: 80px; height: 30px; margin: 0 auto;"></div> <p>Total Feed Cost (H)</p>											

***Note:** If you don't intend to have your yearling heifer continue as a two year old cow/calf pair project, calculate your feed amounts and costs from Oct. 1 to achievement day. If your yearling heifer is continuing as a two year old cow/calf pair project, calculate total amounts and costs from Oct. 1 to Sept. 30.

FINANCIAL SUMMARY

Total Expenses

Purchase Price or Initial Value of Animal			(B)
Health Expenses	+		(F)
Feed Expenses	+		(H)
Heifer Project Related Expense	+		(L)
Total Expenses	=		(P)

PLANNING FOR NEXT YEAR CONTINUED

A heifer reaches puberty between 7 and 14 months of age. How old was your heifer? _____

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

What signs does your heifer 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 heifer's gestation period is approximately 283 days (approximately 9 months).

CONTINUING THE PROJECT & PLANNING FOR NEXT YEAR

DETECTING ESTRUS (HEAT)

Estrus, or the heat period, is the fertile time of the heifer. Estrus will vary from 18 to 24 days depending on the heifer. Signs of estrus may include temporarily going off feed, bawling frequently, standing to be rode by other animals (true heat), will ride other heifers before and after heat, and may have a clear mucous discharge from her vulva after heat. Ovulation (releasing an egg) will occur 16 to 30 hours after the heifer begins to show signs of estrus. The heifer will repeat her estrus cycle in approximately 21 days if she does not become pregnant (an egg is not fertilized). Starting with the first time you noticed your heifer in heat, mark the calendar with the symbols:

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 BEEF HEIFER PROJECT**

1. What were the strengths of your Heifer? (conformation, growth rate, feed conversion, etc.)

2. What were the weaknesses of your Heifer? (conformation, growth rate, temperment, etc.)

3. What would you do differently with your Heifer if you were starting the year again? (change start weight, feed, breed selection, frame size, halter breaking, etc.)

4. What was the most important thing you learned about your Heifer?

5. Will you keep or sell this heifer? Will you use this heifer as a two year old cow/calf pair project? Why?

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

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::
