VOLUNTEERING SECTION ACTIVITY LOG

NAME:	LEVEL (Bronze, Silver or Gold):	TIMESCALE (No. of months forthis section):

Notes:

- If extra space is needed, use an additional log.
- This *Activity Log* is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into *e*DofE.
- Download extra copies of this *Activity Log*, plus logs for the other sections, from **www.eDofE.org** or **www.DofE.org/go/downloads**
- For Expedition/Residential records, please refer to the *Keeping Track* booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials

Date	What you did	Hours	Initials

PHYSICAL SECTION ACTIVITY LOG

NAME:	LEVEL (Bronze, Silver or Gold):	TIMESCALE (No. of months forthis section):

Notes:

- If extra space is needed, use an additional log.
- This *Activity Log* is only a personal record of the time you spend on your activities for each section.
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Date	What you did	Hours	Initials

Date	What you did	Hours	Initials

SKILLS SECTION ACTIVITY LOG

NAME:	LEVEL (Bronze, Silver or Gold):	TIMESCALE (No. of months for this section):

Notes:

- If extra space is needed, use an additional log.
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Date	What you did	Hours	Initials

Date	What you did	Hours	Initials