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.
* 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](http://www.eDofE.org/) or

[www.DofE.org/go/downloads](http://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.

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| **Date** | **What you did** | **Hours** | **Initials** |
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| **Date** | **What you did** | **Hours** | **Initials** |
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