

## PHYSICAL SECTION ACTIVITY LOG

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## 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 eDofE.
- Download extra copies of this *Activity Log*, plus logs for the other sections, from <u>www.eDofE.org</u> or <u>www.DofE.org/go/downloads</u>
- 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