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 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