PHYSICAL 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.
- 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-res jpegs) as evidence into **eDofE**.
- 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

PHYSICAL SECTION ACTIVITY LOG

Date	What you did	Hours	Initials
