**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.

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