**PHYSICAL** SECTION

ACTIVITY LOG

|  |  |  |  |
| --- | --- | --- | --- |
| **Name:** | **Level:**  **Silver** | **Timescale (3, 3 or 6 Months):** | **Activity Chosen:** |

**Notes:**

- If extra space is needed, use an additional log, or the other side.

- 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 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, which will be sent home when you have enrolled.

- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry – or a parent due to Covid-19

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

* Your parents can initial your activity log, BUT can’t be your assessor.
* If you complete all three sections; Voluntary, Physical and Skill, , you will receive a special accreditation certificate from DofE, without having to do the expedition: [www.dofe.org/dofewithadifference/achievement-for-all](http://www.dofe.org/dofewithadifference/achievement-for-all) - Expedition will hopefully be Spring 2021.
* If your activity is not on the official activity list, you will need to check with Mrs Wood it is ok to do. <https://www.dofe.org/wp-content/uploads/2019/03/programme_ideas_-_complete.pdf> - Due to Covid-19: <https://www.dofe.org/dofewithadifference/>