# 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 to ensure that your *Achievement Pack* will be a real reflection of your DofE activities.
- 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.

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