Activity log – Physical

The Award is the world's leading youth achievement Award which gives 14-24 year olds the opportunity to be the best they can be. There are three progressive levels of programmes, which when successfully completed, lead to a Bronze, Silver or Gold Award.

Gaisce - The President's Award and The Duke of Edinburgh's Award work in partnership through the Joint Award Initiative (JAI) to offer Award participants in Northern Ireland a choice of recognition for their achievements. They can choose a Duke of Edinburgh's Award, a Gaisce – The President's Award or a Duke of Edinburgh's International Award Certificate.

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.

Date	What you did	Hours	Initials

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