

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 resolution jpegs) as evidence into eDofE.
- Download extra copies of this Activity Log, plus logs for the other sections, from **eDofE.org** or **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



**YOUTH  
WITHOUT  
LIMITS**



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9 Greyfriars Road, Reading, RG1 1NU. 09/2024



Skills section:

# ACTIVITY LOG



**Name:**

**Level:**

Bronze, Silver  
or Gold

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# Volunteering section:

# ACTIVITY LOG



**Name:**

**Level:**

Bronze, Silver  
or Gold

**Timescale:**

no. of months  
for this section)

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Date	What you did	Hours	Initials



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