



DofE Activity Log Book

Name:

Class:

Date of Birth:

Address:

Level: Bronze



You can start Bronze DofE in the academic year in which you turn 14

At Bronze there are 4 sections: Volunteering, Physical, Skill and Expedition.

Have a look at the website www.dofe.org for ideas and to check your activity is definitely on the list. It doesn't matter if you've never done an activity before or if you've been doing it for years—you just need to prove you've got better while you're doing it.

You must do **3 months activity for a minimum of 1 hour each week** in the Volunteering, Physical and Skills sections. You also have to extend one of these sections for an extra three months. It's your choice which one.

You'll need an assessor for each activity, someone who can help and advise you. They'll also need to write some comments and sign to say you completed your activity at the end of the 3 or 6 months.

Your parents cannot be your assessor.

The expedition section involves planning, training for and doing a two day overnight expedition. Expedition places will be awarded to the pupils who have shown the greatest commitment in the other 3 sections. This logbook will help us decide who gets an expedition place. You should complete it as much as possible and hand it in to G26 before the end of February.

I will be doing my Volunteer activity for _____ months (3 or 6)

I will be doing my Skill activity for _____ months (3 or 6)

I will be doing my Physical activity for _____ months (3 or 6)

For further information log on to

www.dofe.org

Volunteer Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
<i>weekly entry</i> <i>e.g. 02.02.12</i>	<i>e.g. chosen Activity is PADS Charity Shop — Spoke to clients, sorted donations for merchandising.</i>	<i>1hr</i>	<i>LM</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Assessor comments:

Assessor signature: _____ **Date:** _____

Skill Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
<i>weekly entry</i> <i>e.g. 02.02.12</i>	<i>e.g. chosen activity is Cooking — prepared and baked pizza and garlic bread.</i>	<i>1hr</i>	<i>LM</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Assessor comments:

Assessor signature:

Date:

Physical Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
<i>weekly entry</i> <i>e.g. 02.02.12</i>	<i>e.g. chosen activity is Dance - Warm up exercises then learn more dance moves. Worked on pulling new moves together.</i>	<i>1hr</i>	<i>LM</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Assessor comments:

Assessor signature:

Date:

Extended Volunteering, Physical or Skills

Insert your chosen extended activity

Date	What you did	Hours	Initials
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			

Assessor comments:

Assessor signature:

Date: