



Activities Log Book

Name:

Class:

Date of Birth:

Address:

Level: Silver



Minimum age - the school year in which the young person becomes 15

A Silver DofE programme has 4 sections:

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and undertake a 3 day, 2 night expedition.

Direct entrants must undertake a further 6 months in either the Volunteer-

Have a look at the website www.dofe.org for ideas and to check your activity is definitely on the list. You must do each activity for **at least 1 hour / week**. 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 (6 or 12)

I will be doing my Skill activity for _____ months (3, 6 or 12)

I will be doing my Physical activity for _____ months (3, 6 or 12)

For further information log on to

www.dofe.org

Volunteering Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Volunteering Section Activity Log

Chosen Activity _____

Date	What you did	Hours	Initials
16			
17			
18			
19			
20			
22			
23			
24			
25			
26			

Assessor comments

Assessor Signature:

Date:

Physical Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Physical Section Activity Log

Chosen Activity _____

Date	What you did	Hours	Initials
16			
17			
18			
19			
20			
22			
23			
24			
25			
26			

Assessor comments

Assessor Signature:

Date:

Skill Section Activity Log

Chosen Activity _____ Assessor Name _____

Date	What you did	Hours	Initials
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

Skill Section Activity Log

Chosen Activity _____

Date	What you did	Hours	Initials
16			
17			
18			
19			
20			
22			
23			
24			
25			
26			

Assessor comments

Assessor Signature:

Date:

