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Review date ___/___/___

*Received by (name)*_____

ACTIVITIES LOG

PHYSICAL RECREATION

NAME:

Use these pages to keep a record of the activities you are counting for your Award.

You can download extra copies of this booklet free from www.theaward.org/participants in the 'Useful Stuff' Zone.

Award Planner: Physical Recreation

Choice of activity: ______________________________

This page can be used to set your own personal goals, in discussion with your Award Leader, supervisor or mentor. These goals should be realistic and achievable and can be reviewed at any time.

Duration of activity________months

Personal goals

Diary of involvement

This is your own personal record and so can be signed off by either you or your instructor, as you progress through the Section.

Initial briefing date ____/____/____

Briefing by: (name)______________________________

Physical Recreation

Bronze

Date	*Activity*	*Hours*	*Initials*
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