



Activity Log

Dear Award participant,

This form is for you to use if you are doing an activity like swimming or going to gym where you go to a venue for the activity but you don't have a coach or personal trainer etc. Take this form with you each time you go and complete the date and time column and then ask the person on reception, or someone else at the venue, ie a lifeguard, gym supervisor etc to put their name and signature to confirm that you attended. You can then hand this form in with your 'keeping track' book when you have finished that section to prove you have been going.

Your Name.....Name of activity.....

Date, Time	Name of person at organisation	Signature of person at organisation

**Neil Hapgood –
Duke of Edinburgh's Award
Development Officer**

**Tel : 07818443884 / 01639 635210
Fax : 01792 326761
Email : n.hapgood@npt.gov.uk
Post : Llangatwg Comprehensive School, Cadoxton, Neath, SA10 8DB**