

## Activity Log

Dear Award participant,

This form is for you to use if you are doing an activity like swimming or going to the 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 e.g. a lifeguard, gym supervisor etc. to put their name and signature to confirm that you have attended. You can then upload this as evidence on your EDofE account when you have finished the section, to prove you have been going.

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

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

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