 

**Activity Log**

**Section: Skill / Physical / Volunteering**

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| Name | Level (Platinum, Diamond, QSA) | Timescale (how many months) |

**Notes:**

* If extra space is needed, use an additional log
* This *Activity Log* is for you to record the dates, activity details and hours for each activity session.
* Remember to get your *Assessor or Leader* to initial each session

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| **Date** | **What you did** | **Hours** | **Initials** |
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| **Date** | **What you did** | **Hours** | **Initials** |
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