Official 2010 Activity Log Sheet

Phone:_______________________________

Your Name:____ Page: of .

Date	Activity Location*	Activity Type*	Start Time*	Finish Time*	Distance	Witnessed+	Notes:*
				Total Distance	0		

*** Optional** (These catagories are for personal use - not required)

\+ **Witnessed** (Please have someone who knows you did the activiy intitial the witnessed area. If you have GPS Records, the GPS record is valid varification.)