

Congressional Award Activity Log

Your own record of every activity, to copy into the official Record Book on Submittable. Only activities on or after your Activity Start Date (the day you register) count, no more than 8 hours count in a day, each activity counts in one area only, and nothing for class credit; service cannot be paid or used for a graduation requirement.

Name _____ Level you are working toward _____

Activity Start Date _____ Advisor _____

Date	Area*	Goal	What you did	Hours	Validator
Totals on this page: S _____ PD _____ PF _____					

*Area: S = Voluntary Public Service, PD = Personal Development, PF = Physical Fitness. Keep the Validator's name and email for each goal.

Hours and Months of Activity

A month of activity is a month with at least 1 hour in that area. Months do not have to be consecutive, and each month counts once per area. Fill in one row per month you are active; send each Validator the request only after that goal's hours and months are done, and your Advisor's last.

Level	Service	Personal dev.	Fitness	Months per area	Expedition
Bronze Certificate	30 h	15 h	15 h	none	1 day
Silver Certificate	60 h	30 h	30 h	none	2 days
Gold Certificate	90 h	45 h	45 h	6	3 days
Bronze Medal	100 h	50 h	50 h	7	2 days, 1 night
Silver Medal	200 h	100 h	100 h	12	3 days, 2 nights
Gold Medal	400 h	200 h	200 h	24	5 days, 4 nights

Expedition/Exploration Plan

You plan the trip: each day needs 6 to 8 hours of immersive activity, and one travel day each way can count. Medal levels need consecutive days and nights on one trip; certificate trips can add up. No camps, mission trips, cruises, competitions or conferences. Choose in person or virtual, not a mix.

Destination

Dates

Expedition or Exploration

In person or virtual

Validator

Level

Why this trip is new to you

Day	Date	What you planned for the day	Hours	Night at

Gear, money and preparation

Safety and backup plan

For your Record Book write-up

How did you prepare and plan?

How was this different from anything you had done before?

How were you self-reliant? Examples of thinking on your feet and taking initiative.
