

PRE-DoFE BLUE AWARD: REMOTE ACTIVITY LOG

Find out how to fill in this Remote Activity Log by looking at **How to Guide #7**.

Name:

Expedition Section

Successfully complete the Pass level mandatory tasks in your First Class Cadet Logbook for **Initial Expedition Training**:

First Class Cadet Subject:	Tick:	Date:
Initial Expedition Training		

Skills Section

Successfully complete the Pass level mandatory tasks in your First Class Cadet Logbook for **one** of the following subjects:

First Class Cadet Subject:	Tick:	Date:
Principles of Airmanship		
Map Reading		
Basic Radio Communications		

Volunteering Section

If you have already taken part in a fundraising, charitable or community event/project since joining your squadron this will fulfil the requirements of this section and you don't need to do anything else. If you haven't you will need to complete **six hours** of volunteer work. See **How to Guide #7** for instructions and ideas.

Volunteering Activity Name:	Start Date:	End Date:
What did you do?		

Physical Section

Select **three** of the physical achievement tests from the table found in **How to Guide #7** and show an improvement over a three month period.

Physical Activity Name:	Baseline Score:	Week 4 Score:	Week 8 Score:	Week 12 Score:

