



EXTRA-CURRICULAR ACTIVITY LOG



★ EXPLORE. LEARN. GROW. SHINE! ★

Name: _____

Academic Year: _____

Class / Grade: _____

Term / Semester: _____

Date	Activity (Name)	Category (e.g., Sports, Arts, Clubs, Community Service)	Time Spent (Hours)	What I Did / Role	What I Learned / Skills Gained	How I Felt (1 - 5)
						1 2 3 4 5
						1 2 3 4 5
						1 2 3 4 5
						1 2 3 4 5
						1 2 3 4 5
						1 2 3 4 5
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THIS TERM'S HIGHLIGHTS

My proudest moment:

Activity I enjoyed the most:

Why?

GOALS

What I want to achieve next term:

New activities I want to try:

REFLECTION

What challenges did I face?

How did I overcome them?

What will I do better next term?

♥ > Be involved. Be inspired. Be you! < ★ <