

## PERSONAL DAILY LOG

**Name:** \_\_\_\_\_

Please send or email this page to your branch president by **Friday, July 5, 2019**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office ([jhope@arta.net](mailto:jhope@arta.net)) by **Friday, July 5, 2019**.

Date	Type of Activity	Time Start	Time Stop	Total Minutes
e.g. April 3	Swimming	4:15 pm	4:47 pm	32

**Total Minutes:** \_\_\_\_\_