Please use the space below to track your activities as you complete them. While you will be reflecting on each individual activity in the end, this will give you a place to record your progress as you go along. You can staple additional sheets on top of this one as you need them.

Keep your reflections, pictures, brochures and any other things related to your CAS activities in this folder as well. This will help you to develop a portfolio highlighting all of your experiences.

Name _____ Graduation Year _____

Date	Description of Activity	Hours Logged