Print Form

The Congressional Award Record Book

Level Applying For:

Certificate ☐ Medal ☑

Bronze ☐ Silver ☑ Gold ☐

Prior Awards: No Prior Medal

Date of Birth: 1 2 / 0 5 / 1 9 9 4

Office Use Only:

Record Book

(Please print or type)

Name: John Doe

Address: 123 Johnson Ct. (Street Address) Frankfort, KY, 40601 (City, State, Zip)

Phone: 555-555-5555 (H) N/A (W)

Email: j.doe123@mail.com

Attending School: YES ● NO ☐ Year of Study: Sophmore

School: Western Hills High School

Employed: YES ☐ NO ● If Yes: Part-Time ☐ Full-Time ☐

Employer:

What I have gained by participating in the Congressional Award:

I have gained much more responsibility and maturity through helping and leading others in my Boy Scout troop. This program has helped me focus primarily on my service hours to give back to the community.

My goals and requirements to earn a Congressional Award have been achieved as stated herein.

Signed: _____ **Date:** 08/16/2010

ADVISOR INFORMATION:

Name: John Smith Email: john.smith123@mail.com

Address: 122 Eucalyptus Dr. (Street Address) Frankfort, KY, 40601 (City, State, Zip)

Phone: 555-555-5743 (H) _____ (W)

Relationship: Mentor/ Boy Scout Master Occupation: Store Manager

Advisor's comments concerning the candidate's participation in the Congressional Award:

I can certify that John has completed the activities detailed with-in this Record Book and he has also developed a greater sense of citizenship and dedication to community service. John has evolved from a follower among his fellow Boy Scout members to become a true leader.

I certify that the candidate established goals in accordance with program guidelines and has satisfactorily completed all goals and requirements for the Congressional Award.

Signed: _____ **Date:** 8/17/2010

Advisor Signature

Submit this six-page Record Book after you have achieved your goals and completed the required hours and months.
Please print legibly; Electronic Record Book Pages are Available at www.congressionalaward.org

Mail completed Record Book to: The Congressional Award, PO Box 77440, Washington, DC 20013

The Congressional Award Record Book

Candidate: John Doe

VALIDATION OF ACTIVITY HOURS

VOLUNTARY PUBLIC SERVICE

Describe your **goal**:

I will serve my community through various volunteer activities including assisting others within my Eagle Scout Leadership Service project, working with Habitat for Humanity, and serving food at a local soup kitchen.

Describe your **activities** to achieve your goal:

I will participate in the service of my friends' Eagle Scout project by involving myself in a book drive at a local Women and Children's Shelter. In addition to the Eagle Scout project, I will assist in building and landscaping, trail improvements, and recycling projects with Habitat for Humanity. I will also be volunteering at a local soup kitchen. There I will be serving food to the homeless in my community.

Describe what you **learned**:

I learned a great deal about a variety of areas in modern construction and building techniques. I also learned how just one person can make a huge difference for those in need.

Describe how you served the **greater community at large**:

I dedicated my time and energy to a variety of causes that have improved my larger community, specifically within the homeless community.

Months of Activity (*check all that apply below* ⇩) **Hours** (*only report NEW hours*): 253

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2009	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☒	☒
2010	☒	☒	☒	☐	☐	☒	☒	☒	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: Walt Peters Email: walt@peters1234.com

Address: 1234 East Street (Street Address) Millville, KY 40263 (City, State, Zip)

Phone: 555-555-5551 (H) _____ (W)

Relationship: Family Friend Occupation: Dentist

Validator Comments:

John was a benefit to each of the organizations that he worked with in the community. He did not shy away from any job, no matter how difficult.

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ (Validator's Signature) **Date:** 08/06/2010

*Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than **four** goals are allowed in Voluntary Public Service per level.*

The Congressional Award Record Book

Candidate: John Doe

VALIDATION OF ACTIVITY HOURS

Personal Development

Describe your **goal**:

I will improve my musicianship by re-gaining and improving my piano skills to earn a music merit badge. I also want to learn woodworking and earn my Woodwork merit badge.

Describe your **activities** to achieve your goal:

I will practice for 30 minutes per day and also for an hour each weekend day. To help with this process I will be taking private piano lessons for our school's piano instructor. I will be participating in an after-school woodworking club this year while under the advisory of my Scout Woodwork Counselor.

Describe what you **learned**:

I have exceeded my previous piano skills and I am now a much better musician. I was able to attend and perform at multiple recitals and join my high school concert band. Through woodworking I learned better hands on skills and logic. During the course of the school year I was able to make a clock and a chair.

Months of Activity (*check all that apply below* ⇩) **Hours** (*only report NEW hours*): 225

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2009	☐	☐	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
2010	☒	☒	☒	☒	☒	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: David Goss Email: dg@12345.org

Address: 12345 Lake Street (Street Address) White Sulphur, KY 40605 (City, State, Zip)

Phone: 555-555-5553 (H) (W)

Relationship: Scout Counselor Occupation: High School English Teacher

Validator Comments:

John has drastically improved her playing abilities through dedication and hard work! He has expanded his knowledge on woodworking as well and continues to improve in the course.

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ **Date:** 08/01/2010

Validator's Signature

Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than ***two*** *goals are allowed in Personal Development per level.*

The Congressional Award Record Book

Candidate: John Doe

VALIDATION OF ACTIVITY HOURS

Physical Fitness

Describe your **goal**:

Improve my physical endurance by achieving the swimming and hiking merit badges. I will also improve my physical fitness by running every other day.

Describe your **activities** to achieve your goal:

Each day practice swimming and learn the new swimming techniques to earn the badge. Go on hikes, and complete what is needed to earn a hiking merit badge. To achieve the running goal, I will set a schedule to run every other day, and set a distance to run each day to help me improve my physical fitness.

Describe how your **skill level changed**:

By earning the swimming merit badge I learned many different strokes and improved my skills significantly. In earning the hiking badge I was able to complete a 10 mile hike with a pack, and that was thanks to the practicing. My skills in running greatly increased. Now I am able to run much longer distances than when I started practicing.

Months of Activity (*check all that apply below* ⇩) **Hours** (*only report NEW hours*): 302

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2009	☐	☐	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
2010	☒	☒	☒	☒	☒	☒	☒	☒	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

If your activities for this goal span more than four years, please copy this page as needed

VALIDATOR INFORMATION:

Name: Steve Smith Email: stsmith@mail.com

Address: 390 Plant Dr. (Street Address) Frankfort, KY, 40601 (City, State, Zip)

Phone: 555-555-5534 (H) _____ (W)

Relationship: Neighbor Occupation: Teacher

Validator Comments:

John greatly improved his overall endurance with all of his running, hiking and swimming.

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ (Validator's Signature) **Date:** 08/06/2010

Remember: If you have more than one goal, you must complete a separate sheet for each goal (make copies as needed). No more than ***two*** *goals are allowed in Physical Fitness per level.*

The Congressional Award Record Book

Candidate: John Doe

VALIDATION OF ACTIVITY HOURS

Expedition/Exploration

Describe your **goal**:

My goal is to learn more about the environment and the wilderness as well as develop and use leadership skills.

Describe your **planning/preparation** to achieve your goal:

I will plan and execute a five day, four night camping trip with my Boy Scout troop. It is my turn and job to lead the troop in planning. I will be planning where we camp, the meals we eat, and what the duties of each Scout will be.

How did this experience **challenge** you?

It made me think outside of my comfort zone in order to effectively plan a trip in a colder season, when I am used to camping during summer months.

How were you **immersed** in an unfamiliar culture or surroundings?

My Boy Scout troop and i were faced with many challenges on this trip. For one, I had never camped in such a cold season before for an entire week and it made preparation difficult. We ended up having to loan each other items of clothing such as gloves and hats, but everyone was able to stay warm throughout the trip.

PLANNING INFORMATION*: Planning and Preparation Dates and Hours*

Planning Dates : 10/15/2008 - 1/3/2009 Planning Hours: 45

ACTIVITY INFORMATION*: ACTUAL Expedition/Exploration Activity Dates*

Activity Dates: 2/28/2009 - 3/4/2009 ☐ Evaluate as Gold Medal Level

Days: 5 Nights: 4

VALIDATOR INFORMATION:

Name: Jim Shaw Email: jshaw@mail.com

Address: 2315 Newfield Lane (Street Address) Frankfort, KY 402605 (City, State, Zip)

Phone: 555-555-5234 (H) _____ (W)

Relationship: Boy Scout Troop Leader Occupation: Grant Writer

Validator Comments: John's leadership and planning helped make this trip a success, even in the cold temperatures. He organized enough supplies and gear to ensure that everyone had a comfortable and enjoyable camping trip.

I certify that the hours, activities and goal as stated above were completed by the candidate:

Signed: _____ **Date:** 3/5/2009

Validator's Signature

The Congressional Award Record Book

Candidate: John Doe

Expedition/Exploration

Directions: Use this form to record your Expedition/Exploration activities. This should include prepatory planning and training notes, your planned itinerary and a detailed day-by-day account of your activity. Remember, we can only review what is submitted. Be as detailed as possible about your experience and what you learned.

DATE	ENTRY (what you did)
10/15/2008	Our Boy Scout troop met to discuss expectations and desired activities for the trip. I also spent time
	researching camping locations and what food to bring.
11/29/2008	After much thought and communication with my troop, I sent out our trip's itinerary via e-mail which
	included the camp sites, routes to take, a list of potential activities and hiking places, and each Scout's
	individual responsibilities (for example, Jimmy will carry the food pack and bring matches; Derek will bring
	playing cards and be in charge of the First Aid Kit). I also found a great place for us to snowmobile!
01/03/2009	Our troop met up once again to finalize the dates for our trip. We were headed for Fishtrap Lake State
	Park. My research indicated that the trees in the area are susceptible to pine beetles. Since a large percer
	died as a result, we planned a fire evacuation route due to the increased fire hazard. I collected
	everyone's cell phone numbers in case of an emergency and added them to the itinerary sheet which was
	handed out to all Scouts going on the trip. I also coordinated rides to the park with two scouting parents
	for transportation. I wanted to minimize the number of vehicles we would use to travel to the from the
	park.
02/28/2009	Day 1: Per the plans, we met up in Frankfort at my house. From there we traveled east to Pikeville, KY
	where Fishtrap Lake is located. We picked up our equipment en route, and arrived at the State Park
	in the early afternoon. There was more snow on the ground than anticipated and very cold. We walked a
	short distance to our campsite and I directed everyone to set up tents and where. We put up all tarps to
	block the wind and stayed inside all day to keep warm. We ended up playing a few card games and
	telling stories into the night. We were too cold to build a fire! So, we snacked on cheese and crackers.
03/01/2009	Day 2: Along with keeping warm and making sure not to crowd anyone in our tent, I learned the hard way
	about staying hydrated in cold weather. I woke up in the morning with a massive headache, so I asked
	for everyone to keeping drinking water and to tell me if they feel dehydrated. Today was also one of our
	Scouts' birthday - Andrew. I had planned to bring birthday supplies and we kept them hidden in the other
	boys' tent. Today we did what Andrew wanted to do. He decided that hiking would keep up warm so we
	packed up the First Aid Kit, some food and water. We followed the maps I had printed out in our itinerary
	and made a day out of it. We got to see huge pine trees and the beautiful lake. Some of us stopped to
	take pictures now and again. Once the sun started going down we hiked back to camp, lit a fire, and
	baked a box birthday cake for Andrew over the fire - it turned out pretty good! I was much more sleepy
	that night after hiking all day, but of course we stayed up late to celebrate.
03/02/2009	Day 3: We woke up extra early to hike out to some snowmobile trails. There was a little place on the lake
	that rented them out to those with driver's licenses. There were a few of us that could drive and a few of
	us that would be passengers. It worked out perfectly! Learning to maneuver around on the lake was
	quite the experience, but I got the hang of it. After some hours of snowmobiling, we sat down by one
	of the trails for lunch. Before dark we walked back to the campsite, which took a couple hours, and
	roasted classic hotdogs and s'mores. My friend Derek is a vegetarian, so we packed him a veggie dog.

Make copies of this page as needed!