



**SONS OF  
NORWAY**

# Individual Activity Tracking Sheet

Name \_\_\_\_\_ Month \_\_\_\_\_

Fill out a separate sheet for each category of individual Sons of Norway volunteer work you do during the month. Turn the sheet or sheets in to your lodge secretary at your next monthly lodge meeting.

Sons of Norway Volunteer Activity	
Name of Program - Check One: <input type="checkbox"/> Tubfrim <input type="checkbox"/> Adopt A School / Framtid <input type="checkbox"/> Newsletter/Website <input type="checkbox"/> Officer Duties <input type="checkbox"/> Other: _____	Track your hours during the month: Hours: _____ Hours: _____ Hours: _____ Hours: _____ Hours: _____ Hours: _____ Hours: _____ Hours: _____ Hours: _____ <p style="text-align: right;"><b>Total Hours:</b> _____</p>
Further Description:	



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