



## ABERGELE COMMUNITY ACTION

## Duke of Edinburgh Gold Planner

	PHYSICAL
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For how long 6 or 12 months (or 18 if not completed Bronze) (please circle)

Type and details of activity

Where are you going to do it?

Personal goals you want to achieve (Think SMART)

Who will your assessor be? (Name, position, email or contact number)



For how long **6** or **12** months (or **18** if not completed Bronze) (please circle)

Type and details of activity:

Where are you going to do it?

Personal goals you want to achieve (Think SMART)

Who will your assessor be? (Name, position, email or contact number)



For 12 months (or 18 if not completed Silver)

Type and details of activity:

Where are you going to do it?

Personal goals you want to achieve (Think SMART)

Who will your assessor be? (Name, position, email or contact number)

Please note: If you didn't do Silver you must do an extra 6 months in either Volunteering or the Skills/Physical you chose to do for 12 months!