

# The Congressional Award Record Book

Candidate: \_\_\_\_\_

## VALIDATION OF ACTIVITY HOURS

### Personal Development

Describe your **goal**: \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Describe what you **learned**: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Months of Activity** (*denote hours logged by month ↓*)

**Total Hours** (*only report NEW hours*): \_\_\_\_\_

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

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

### VALIDATOR INFORMATION:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_  
Street Address City, State, Zip

Phone: \_\_\_\_\_ (H) \_\_\_\_\_ (W)

Relationship: \_\_\_\_\_ Occupation: \_\_\_\_\_

Validator **Comments**: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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 submission.*