

CAS log

Date	Activity	Length	CAS type	
September 10	running with dog	1 hour	Action	
September 10	designed poster for Writers' Exchange	2 hours	Creativity, Service	
September 11	stand-up paddleboarding	1 hour	Action	
September 13	Walked the dog	2 hours	Action	
September 14	dog walking in Pacific Spirit Park	1 hour	Action	
September 15	running with dog	30 mins	Action	
September 16	volunteer outreach presentation for the Writers' Exchange	2 hours	Service, Creativity	
September 17	dog walking	30 mins	Action	
September 18	dog walking	1 hr	Action	
September 20	dog walking	2 hrs	Action	
September 21	TREK presentation	2 hrs	Service	
September 21	dog walking	30 mins	action	
September 22`	dog walking	1 hr	action	
September 23	WE volunteering	2 hrs	Service	
September 24	dog walking	1hr	action	
September 25	running with dog	30 mins	action	
September 26	dog walking	30 mins	action	
September 27	dog walking	1.5hrs	action	
September 28	dog walking	30 mins	action	
September 29	dog walking	30 mins	action	
September 30	dog walking	45 mins	action	
October 1	dog walking	45 minutes	action	
October 2	dog walking	45 minutes		
October 4	made a handmade birthday card for friend	30 minutes	creativity	
October 4	dog walking	45 minutes	action	
October 5	dog walking	45 minutes	action	
October 6	dog walking	45 minutes	action	
October 7	Writers' Exchange	2 hours	Service	
October 7	dog walking	30 minutes	action	
October 8	dog walking	1 hour	action	
October 9	dog walking	45 minutes	action	
October 10	dog walking	30 minutes	action	
October 11	dog walking	2 hours	action	
October 12	dog walking	1 hour	action	
October 13	dog running	45 minutes	action	
October 14	Writers' Exchange	2 hours	service	
October 14	dog walking	1 hour	action	
October 15	dog walking	1 hour	action	
October 16	dog walking	1 hour	action	

Date	Activity	Length	CAS type	
October 17	dog walking	1 hour	action	
October 18	dog walking	1 hour	action	
October 19	dog walking	1 hour	action	
October 20	dog walking	1 hour	action	
October 21	Writers' Exchange	2 hours	service	
October 21	dog walking	1 hour	action	
October 22	Volunteer Fair	3 hours	service	
October 22	dog walking	1 hour	action	
October 23	dog walking	1 hour	action	
October 24	dog walking	1 hour	action	
October 25	dog walking	1 hour	action	
October 26	dog walking	1 hour	action	
October 27	dog walking	1 hour	action	
October 28	Writers' Exchange	2 hours	service	
October 28	dog walking	1 hour	action	
October 29	dog walking	1 hour	action	
October 30	dog walking	1 hour	action	
October 31	dog walking	1 hour	action	
November 1	dog walking	1 hour	action	
November 2	dog walking	1 hour	action	
November 3	crafting during multimedia class	2 hours	creativity	
November 3	dog walking	1 hour	action	
November 4	dog walking	1 hour	action	
November 5	dog walking	1 hour	action	
November 6	dog walking	1 hour	action	
November 7	dog walking	1 hour	action	
November 8	dog walking	1 hour	action	
November 9	crafting prep for multimedia class	2 hours	creativity	
November 9	dog walking	1 hour	action	
November 10	crafting during multimedia class	2 hours	creativity	
November 10	dog walking	1 hour	action	
November 11	dog walking	1 hour	action	
November 12	dog walking	1 hour	action	
November 13	dog walking	1 hour	action	
November 14	dog walking	20 minutes	action	
November 15	dog walking	1 hour	action	
November 16	dog walking	1 hour	action	
November 17	dog walking	1 hour	action	
November 18	writers' exchange	2 hours	service	
November 18	dog walking	1 hour	action	
November 19	dog walking	1 hour	action	
November 20	dog walking	1 hour	action	

Date	Activity	Length	CAS type	
November 21	eastside culture crawl	4 hours	creativity	
November 21	dog walking	1 hour	action	
November 22	dog walking	1 hour	action	
November 23	dog walking	1 hour	action	
November 24	dog walking	1 hour	action	
November 25	writers' exchange	2 hours	service	
november 25	dog walking	1 hour	action	
November 26	dog walking	1 hour	action	
November 27	dog walking	1 hour	action	
November 28	dog walking	1 hour	action	
November 29	dog walking	1 hour	action	
November 30	dog walking	1 hour	action	
December 2	Writers' Exchange	2 hours	service	
December 2	dog walking	1 hour	action	
December 3	dog walking	1 hour	action	
December 4	dog walking	1 hour	action	
December 5	dog walking	1 hour	action	
December 6	dog walking	1 hour	action	
December 7	dog walking	1 hour	action	
December 8	dog walking	1 hour	action	
December 9	dog walking	1 hour	action	
December 9	dog walking	1 hour	action	
December 10	dog walking	1 hour	action	
December 10	drawings	2 hours	creativity	
December 11	dog walking	1 hour	action	
December 12	dog walking	1 hour	action	
December 13	dog walking	1 hour	action	
December 13	drawings	2 hours	creativity	
December 14	dog walking	1 hour	action	
December 14	drawings	2 hours	creativity	
December 15	dog walking	1 hour	action	
December 15	drawings	2 hours	creativity	
December 16	dog walking	1 hour	action	
December 16	writers' exchange	4 hours	service	
December 16	drawings	2 hours	creativity	
December 17	dog walking	1 hour	action	
December 18	dog walking	1 hour	action	
December 19	dog walking	1 hour	action	
December 20	dog walking	1 hour	action	
December 21	dog walking	1 hour	action	
December 22	dog walking	1 hour	action	
December 23	dog walking	1 hour	action	

Date	Activity	Length	CAS type	
December 24	dog walking	1 hour	action	
December 25	dog walking	1 hour	action	
December 26	dog walking	1 hour	action	
December 27	dog walking	1 hour	action	
December 28	dog walking	1 hour	action	
December 29	dog walking	1 hour	action	
December 30	dog walking	1 hour	action	
December 31	dog walking	1 hour	action	
January 1	dog walking	1 hour	action	
January 2	dog walking	1 hour	action	
January 3	dog walking	1 hour	action	
January 4	dog walking	1 hour	action	
January 5	dog walking	1 hour	action	
January 6	dog walking	1 hour	action	
January 7	dog walking	1 hour	action	
January 8	dog walking	1 hour	action	
January 9	dog walking	1 hour	action	
January 10	dog walking	1 hour	action	
January 11	dog walking	1 hour	action	
January 12	dog walking	1 hour	action	
January 13	dog walking	1 hour	action	
January 14	dog walking	1 hour	action	
January 15	dog walking	1 hour	action	
January 16	dog walking	1 hour	action	
January 17	dog walking	1 hour	action	
January 18	dog walking	1 hour	action	
January 19	dog walking	1 hour	action	
January 20	dog walking	1 hour	action	
January 21	dog walking	1 hour	action	
January 22	dog walking	1 hour	action	
January 23	dog walking	1 hour	action	
January 24	dog walking	1 hour	action	
January 25	dog walking	1 hour	action	
January 26	dog walking	1 hour	action	
January 27	dog walking	1 hour	action	
January 28	dog walking	1 hour	action	