



PHYSICAL CHALLENGE REPORT

Please note: This form cannot be saved in a web browser. We recommend downloading the pdf file to your local computer drive prior to starting this assignment. When you finish this section assignment, you will need to submit your completed report to your Award Leader by uploading it to the green Adventurous Journey section of your [Online Record Book](#).

Name of Group	
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Please complete a short report on how your group managed to achieve the goal(s) you set for yourselves on this maximum 3-hour physical activity challenge. You may wish to answer the questions to help you structure this report, or simply write your own report under the other comments question. Maximum 300 words. When posting this on your ORB please also provide some photographs or video(s).

1. Briefly explain what you did and achieved for your physical activity challenge.	
2. What were the challenges and how did you overcome them within the group?	
3. What lessons did you learn as a group in planning for and completing this challenge?	
4. Do you have any other comments you would like to make?	