<table>
<thead>
<tr>
<th>Volunteer Activities</th>
<th>Number</th>
<th># of Contacts</th>
<th># of Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phone calls answered</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Pressure gauges tested</td>
<td></td>
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<tr>
<td>Workshops/demonstrations</td>
<td></td>
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<tr>
<td>Exhibits/booths set up</td>
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<td></td>
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<tr>
<td>Other* (please describe)</td>
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</tbody>
</table>

* this may include volunteer trainings, meetings, food demos and marketing presentations you give at civic meetings or church groups, time you spend educating friends, family, etc.

**COUNT ALL HOURS**

**Total Hours**

Remember to include all the different things that you do that contribute to your volunteer hours like:

- Workshop preparation, research, presentation and participation
- Travel to/from workshops, trainings, meetings, demos, etc.
- Monthly meetings and trainings
- Booths at health fairs or county fair
- Time you spend marketing our programs, speaking at community meetings or discussing classes, trainings or events
- Talking on the phone for consumer calls, planning workshops with other FFE or speaking with the administrator
- Reading/writing e-mails, reading correspondence and newsletters
SUCCESS STORIES

During your activities this month, did you have any participant comment on the workshop or marketing materials that would help us understand how to improve our program?

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Did any participant make any comments describing changes he/she has made as a result of a workshop or how our program has impacted his/her life?

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