**Reflections and Learning Log**

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| **Community Organisation** | **Project** |

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| **Aim -** What do I want to do; why do I want to do this; how do I want to do it; who’s the target audience? |

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| **Outcome -** What am I actually doing; who am I helping; and how am I doing this? |

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| **What am I learning?**What’s working well and why?What isn’t working so well and why?What would I do differently next time?What’s helping people to get more physically active?What’s my plan going forward with the project – do I want to keep it going as it is; change it a bit; grow and develop it or finish it? |

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| Quotes from participants in my project (please remember to get their consent to share their quote) |

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| Stories from participants or the group. Do you have any photos/videos? (please remember to get their consent to share their story/photo/video) |