

Please check the activities that contributed to your GEAR UP time above:

- Field Trip**
- Tutoring**
- GEAR UP event**
- Other:** _____

Note: This record will be kept on file at CWU and serve as program verification for your work on GEAR UP for the reporting period.

Volunteer Effort Report Table

The following table is to document time devoted to GEAR. At the end of the reporting period, please transfer your total hours to the front page, then sign and submit to your GEAR UP Site Director at the end of each month.

Preparation and Participation Time

Reporting Period	Hours
Week 1	
Week 2	
Week 3	
Week 4	
Week 4+	
Total:	