



**MY**  
**DIARY**

**SETTLING IN**



To get the most out of your week at Outward Bound, you must be prepared to challenge yourself, and give everything a go. You never know, you may surprise yourself!

**1** *What are your first impressions of Outward Bound and your centre?*

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**2** *Write down the name of your group/clan:*

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**3** *Write down the names of the other people in your group:*

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# DAY 1



Date: .....

*What we did today:*

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*What I enjoyed the most:*

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*What I have improved on today:*

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*What I need to work on tomorrow:*

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*To achieve my goals tomorrow I will need to:*

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*Feedback I have received*

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DAY 1

# DAY 2



Date: .....

*What we did today:*

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*What I enjoyed the most:*

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*What I have improved on today:*

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*What I need to work on tomorrow:*

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*To achieve my goals tomorrow I will need to:*

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*Feedback I have received*

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DAY 2

# DAY 3



Date: .....

*What we did today:*

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*What I enjoyed the most:*

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*What I have improved on today:*

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*What I need to work on tomorrow:*

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*To achieve my goals tomorrow I will need to:*

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*Feedback I have received*

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DAY 3

# DAY 4



Date: .....

*What we did today:*

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*What I enjoyed the most:*

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*What I have improved on today:*

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*What I need to work on tomorrow:*

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*To achieve my goals tomorrow I will need to:*

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*Feedback I have received*

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# DAY 5



Date: .....

*What we did today:*

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*What I enjoyed the most:*

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*What I have improved on over my course (name two things):*

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*What I need to work on when I return to school  
(name two things):*

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*To achieve my goals I will need to:*

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*Put your group photo here:*

DAY 5