



# VIRTUAL BRONZE EXPLORATION STAGE 3 PRACTICE JOURNEY ASSESSMENT FORM

**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 the assessment. When you finish this section assessment, you will need to submit your completed assessment to your Award Leader by uploading it to the green Adventurous Journey section of your Online Record Book.**

Participant Name	
Name of Exploration group	

Documentation and learning from your practice exercise - You MUST answer all questions as a GROUP

1. What virtual journey video did you choose for your practice activity?	
2. Have you completed your "Pre-Viewing Task" worksheets and "Team Challenge" reports for these walks and uploaded them to your ORB? (Found in Stages 2 & 3)	
3. What did you learn about the implementation of your virtual journey? What have you changed in your plans?	
4. Please describe how you planned to complete your physical activity challenge?	
5. Do you now wish to change your physical activity plan? Please explain why/why not?	