



# SIGMA BETA CLUB RISE AND THUNDER PROGRAM LEVEL: RISE

**SBC MEMBER NAME:** \_\_\_\_\_ **ADVISOR:** \_\_\_\_\_

### (R1) Visit a Local Museum and Aquarium {5, 6}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA
			NA	NA

### (R2) Attend or Participate in a Step Show (Childhood Obesity) {1, 2, 7}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R3) Letter to the Principal regarding Childhood Obesity {1, 5, 7}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R4) Walk for Babies {2, 4}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R5) Family Tree {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA

### (R6) Sickle Cell Foundation {2, 4, 5, 7}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R7) Establish a Personal Savings Account {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA

### (R8) Learn the Sigma Beta Club Code of Ethics {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA

ONCE COMPLETED UPLOAD TO THE WEBSITE @ <https://www.pinellascountysigmas.com/dos-sigma-beta-club>

\_\_\_\_\_ VOLUNTEER HOURS WERE COMPLETED DURING THE \_\_\_\_\_ CALENDAR YEAR

DIRECTOR SIGNATURE: \_\_\_\_\_



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**SBC MEMBER NAME:** \_\_\_\_\_ **ADVISOR:** \_\_\_\_\_

### (R9) Image: The First Impression {1, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R10) Build a Planter Box {2, 5, 6}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA

### (R11) Entrepreneurship {2, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R12) Learn Your School Alma Mater {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA

### (R13) Start a Scrapbook/Memory Box for Sigma Beta Club Activities {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R14) College/Career Fair {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA
			NA	NA
			NA	NA

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**SBC MEMBER NAME:** \_\_\_\_\_ **ADVISOR:** \_\_\_\_\_

### (R15) Literacy {3, 5, 6}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R16) College or Career Plan {3, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA
			NA	NA
			NA	NA

### (R17) College and/or Career Readiness Workshop {3, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS
			NA	NA
			NA	NA

### (R18) Mentoring {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R19) Job Shadowing {5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R20) Fitness {1, 2, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

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**SBC MEMBER NAME:** \_\_\_\_\_ **ADVISOR:** \_\_\_\_\_

### (R21) Community Service {4, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

### (R22-25) Local Activity (4 Activities) {2, 4, 5}

LOCATION	TYPE OF ACTIVITY	DATE OF COMPLETION	EVENT TIME	VOLUNTEER HOURS

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