

MEA-Retired Community Participation Committee  
Volunteer Hours and Physical Activity Hours Tally Sheet

Name: \_\_\_\_\_ Affiliate: \_\_\_\_\_

Please record the number of hours you volunteer and/or participate in physical activities each month below. Volunteer and physical activity programs run from April 1 thru March 31.

Volunteer Hours April 1-March 31

April \_\_\_\_\_ October \_\_\_\_\_  
May \_\_\_\_\_ November \_\_\_\_\_  
June \_\_\_\_\_ December \_\_\_\_\_  
July \_\_\_\_\_ January \_\_\_\_\_  
August \_\_\_\_\_ February \_\_\_\_\_  
September \_\_\_\_\_ March \_\_\_\_\_

Total Volunteer Hours \_\_\_\_\_

Physical Activity Hours April 1-March 31

April \_\_\_\_\_ October \_\_\_\_\_  
May \_\_\_\_\_ November \_\_\_\_\_  
June \_\_\_\_\_ December \_\_\_\_\_  
July \_\_\_\_\_ January \_\_\_\_\_  
August \_\_\_\_\_ February \_\_\_\_\_  
September \_\_\_\_\_ March \_\_\_\_\_

Total Physical Activity Hours \_\_\_\_\_

Please report your total volunteer hours and/or your total physical activity hours to your affiliate President or Chair by April 1. Affiliate Presidents or Chairs will submit the name of the member with the most hours volunteering and the name of the member with the most hours of physical activity by April 1 to the Chair of the Community Participation Committee or designee. *These members will be recognized at the annual meeting.*  
*Contact TBD*

Revised Aug. 18, 2026