



Job Shadowing Log and Reflection Outline

Week 1 May 4-10

| Day | Time In/ Out | Total Hours | Summary of Activities | Supervisor Initials |
|-------------------------------|--------------|-------------|-----------------------|---------------------|
| Mon 4 | | | | |
| Tue 5 | | | | |
| Wed 6 | | | | |
| Thur 7 | | | | |
| Fri 8 | | | | |
| 25hrs needed this week | | _____ hrs | | |

Week 2 May 11-15

| | | | | |
|-------------------------------|--|-----------|--|--|
| Mon 11 | | | | |
| Tue 12 | | | | |
| Wed 13 | | | | |
| Thur 14 | | | | |
| Fri 15 | | | | |
| 25hrs needed this week | | _____ hrs | | |

Please bring your timesheet to your weekly mentor meetings



Job Shadowing Log and Reflection Outline

Week 3 May 18-22

| Day | Time In/ Out | Total Hours | Summary of Activities | Supervisor Initials |
|-------------------------------|------------------|-------------|-----------------------|---------------------|
| Mon 18 | | | | |
| Tue 19 | | | | |
| Wed 20 | | | | |
| Thur 21 | | | | |
| Fri 22 | <i>No School</i> | | | |
| 20hrs needed this week | | _____ hrs | | |

Week 4 May 25-29

| | | | | |
|-------------------------------|--------------------|-----------|--|--|
| Mon 25 | <i>No School</i> | | | |
| Tue 26 | | | | |
| Wed 27 | <i>School Trip</i> | | | |
| Thur 28 | | | | |
| Fri 29 | <i>Prom*</i> | | | |
| 15hrs needed this week | | _____ hrs | | |

*Please discuss with your supervisor if you are planning to leave work early to get ready for prom. You will need to make up the hours during the week.

Please bring your timesheet to your weekly mentor meetings



Job Shadowing Log and Reflection Outline

Week 5 June 1-5

| Day | Time In/ Out | Total Hours | Summary of Activities | Supervisor Initials |
|-------------------------------|--------------|-------------|-----------------------|---------------------|
| Mon 1 | | | | |
| Tue 2 | | | | |
| Wed 3 | | | | |
| Thur 4 | | | | |
| Fri 5 | | | | |
| 25hrs needed this week | | _____ hrs. | | |

Week 6 June 8-12

| | | | | |
|-------------------------------|--|-----------|--|--|
| Mon 8 | | | | |
| Tue 9 | | | | |
| Wed 10 | | | | |
| Thur 11 | | | | |
| Fri 12* | | | | |
| 25hrs needed this week | | _____ hrs | | |

*The program ends today. Final presentations will be held at FLHS on Tuesday June 16, 2026.

Please bring your timesheet to your weekly mentor meetings