5 MHz activity log

Your callsign

Station Location

Main (or reference aerial type – see note 3 below)

Height (mtrs AGL)

Pol (H/V)

Allign (note 4)

Date			Time		Station heard / worked		Sent Assessment (note 1)							Received assessment								Your Aerial			
			(GMT)		Callsign	Locator	SINPO					S + N/N	Bandwidth (Hz)	SINPO					Ch	Mode	Power	Type	Height	Pol	Align
DD	MM	YY	HH	MM			S	I	N	P	O	Steps		S	I	N	P	O	XX	Note 2	Watts	(note 3)	Metres AGL	H/V	Note 4

Notes

1) Complete S+N/N only if reporting on a beacon transmission

2) Use SSB, CW, PSK31, etc

3) Aerial type, use
RD for resonant dipole
NRD for non−resonant dipole
V for vertical
L for small loop
O for other

4) Aerial alignment use N, NNE, NE etc to show the plane of the aerial, else use O for omni

Please return the above sheet to the 5 MHz Working Group