Name: _____ Grade: _____ School Year: _____

NHS Hours Sheet

To remain a member in good standing of National Honor Society, you must contribute 10 NHS Hours and 20 regular volunteer hours per semester. Therefore, you will have completed 20 NHS Hours and 40 regular volunteer hours per year. *Note: Only 5 hours per year can be donation hours.*

Date	Name of Project/Organization	Hours	Signature

Please attach your regular volunteer hours to this page.