

# Volunteer Availability and Schedule Sheet

Please fill out this sheet to indicate your availability and scheduling preferences. This sheet is formatted for printing.

## Volunteer Information

Full Name:	
Phone Number:	
Email Address:	
Emergency Contact Name & Phone:	

## Weekly Availability Schedule

Please write "Yes", "No", or specific available hours (e.g., "8am - 12pm") in the boxes below.

Day of the Week	Morning Shift	Afternoon Shift	Evening Shift
Monday	Available hours	Available hours	Available hours
Tuesday	Available hours	Available hours	Available hours
Wednesday	Available hours	Available hours	Available hours
Thursday	Available hours	Available hours	Available hours
Friday	Available hours	Available hours	Available hours
Saturday	Available hours	Available hours	Available hours
Sunday	Available hours	Available hours	Available hours

## Preferences & Notes

Preferred Volunteer Role/Activity:	
Maximum Hours Preferred Per Week:	
Special Skills or Certifications:	
Additional Comments or Constraints:	