

Second Class Fitness Requirement

Scout's Name _____

7a. After completing Tenderfoot requirement 6c, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

SCOUTS SIGNATURE:

PARENT/GUARDIAN SIGNATURE: