

Tenderfoot Rank Fitness Requirement

Scout's Name _____

6a. Record your best in the following tests (pages 77,79-81):

| | Push-ups (Record the # done in 60s) | | Sit-ups/Curl-ups (Record the # done in 60s) | | Sit-and-Reach (Record distance stretched) | | 1-mile Walk/Run (Record time) | |
|--------------------|--|--------|--|--------|--|--------|----------------------------------|--------|
| | Goal | Actual | Goal | Actual | Goal | Actual | Goal | Actual |
| Initial Test Date: | | | | | | | | |

6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a (page 76). Keep track of your activity for at least 30 days.

| | Goal | Actual | Goal | Actual | Goal | Actual | Goal | Actual |
|---------------|------|--------|------|--------|------|--------|------|--------|
| Week 1 Actual | | | | | | | | |
| Week 2 Actual | | | | | | | | |
| Week 3 Actual | | | | | | | | |
| Week 4 Actual | | | | | | | | |

6c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

| | Goal | Actual | Goal | Actual | Goal | Actual | Goal | Actual |
|------------------|------|--------|------|--------|------|--------|------|--------|
| Final Test Date: | | | | | | | | |

SCOUTS SIGNATURE:

PARENT/GUARDIAN SIGNATURE: