





Scout Name: \_\_\_\_\_ Patrol: \_\_\_\_\_

<b>BSA Fitness Requirements</b>	
	
<b>Tenderfoot</b>	
	<p>6a. Record your best in the following tests:</p> <ul style="list-style-type: none"> <li>• Pushups (Record the number done correctly in 60 seconds.)</li> <li>• Situps or curl-ups (Record the number done correctly in 60 seconds.)</li> <li>• Back-saver sit-and-reach (Record the distance stretched.)</li> <li>• 1-mile walk/run (Record the time.)</li> </ul>
	<p>6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.</p>
	<p>6c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.</p> <ul style="list-style-type: none"> <li>• Pushups (Record the number done correctly in 60 seconds.)</li> <li>• Situps or curl-ups (Record the number done correctly in 60 seconds.)</li> <li>• Back-saver sit-and-reach (Record the distance stretched.)</li> <li>• 1-mile walk/run (Record the time.)</li> </ul>
<b>Second Class</b>	
	<p>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.</p>
	<p>7b. Share your challenges and successes in completing Second Class requirement 7a. Set a goal for continuing to include physical activity as part of your daily life and develop a plan for doing so.</p>
<b>First Class</b>	
	<p>8a. After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.</p>
	<p>8b. Share your challenges and successes in completing First Class requirement 8a. Set a goal for continuing to include physical activity as part of your daily life</p>

## BSA Tenderfoot Rank Fitness Log

Req. 6a



Record your best in the following tests. Retest after practicing for 30 days.

	Date	Push-Ups (number)	Sit-Ups (number)	Back-saver sit- and-reach	1 Mile Run/Walk (time)
<b>Initial Test</b>					
<b>Final Test (30 Days Later)</b>					

**Req. 6b: Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a.**

***Example Fitness Plan:***


***Monday, Wednesday & Friday, I will do 5 sets of pushups & situps. Each set will be 15 pushups/situps. If I can't do 15 pushups, I will do them on my knees until I'm strong enough to do 15 in a set.***

***Thursday & Saturday will be my run day. Thursday I will run 1 mile (and time myself). Saturday I will run 1.5 miles.***

***I will stretch for a minimum of 5 minutes at least 5 days a week.***

***Tuesday & Sunday will be my rest days.***

***I will allow myself to substitute a sport or other physical activity for up to 2 days per week, but no more.***

**Physical Activity Log for Tenderfoot**   
**Reg. 6b**

Keep track of your activity for at least 30 days.

	Date	Day	Activity (Be specific: distance and time ran, number of pushups, situps, etc.)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			
Day 32			
Day 33			
Day 34			
Day 35			

**Example Log**

	Date	Day (Monday, Tuesday, etc.)	Activity (Be specific: distance and time ran, number of pushups, situps, etc.)
Day 1	4/17/23	Monday	Pushups 5sets of 15 (last 5 of each set were on my knees). Situps 5x15. Stretch
Day 2	4/18/23	Tuesday	Rest. Stretch
Day 3	4/19/23	Wednesday	Played 45 minutes of basketball. Situps 3x15.
Day 4	4/20/23	Thursday	Ran 1 mile. 7 minutes 35 seconds. Stretch.

**Physical Activity Log for Second Class**



Req. 7a

Log 30 minutes of activity, five days a week for four weeks & keep track of your activities

		Date	Day	Activity (Be specific: distance and time ran, number of pushups, situps, etc.)
W e e k  1	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			
W e e k  2	Day 8			
	Day 9			
	Day 10			
	Day 11			
	Day 12			
	Day 13			
	Day 14			
W e e k  3	Day 15			
	Day 16			
	Day 17			
	Day 18			
	Day 19			
	Day 20			
	Day 21			
W e e k  4	Day 22			
	Day 23			
	Day 24			
	Day 25			
	Day 26			
	Day 27			
	Day 28			

**Share your challenges and successes**

What was one challenge and one success during these four weeks?	Set a goal for continuing physical fitness in your daily life.

**Physical Activity Log for First Class  
Req. 8a**



**Log 30 minutes of activity, five days a week for four weeks & keep track of your activities**

		Date	Day	Activity (Be specific: distance and time ran, number of pushups, situps, etc.)
Week 1	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			
Week 2	Day 8			
	Day 9			
	Day 10			
	Day 11			
	Day 12			
	Day 13			
	Day 14			
Week 3	Day 15			
	Day 16			
	Day 17			
	Day 18			
	Day 19			
	Day 20			
	Day 21			
Week 4	Day 22			
	Day 23			
	Day 24			
	Day 25			
	Day 26			
	Day 27			
	Day 28			

**Share your challenges and successes**

<b>What was one challenge and one success during these four weeks?</b>	<b>Set a goal for continuing physical fitness in your daily life.</b>