

Tenderfoot Exercise Requirements

Scout's Name: _____

The intent of this requirement is NOT to reach any specific level of performance, but to instead, show the Scout that practice will result in improvement in whatever he does!

Beninning Date: _____

Record Initial Performance:

Push-ups: _____ Standing Long Jump (dist. in ft. & in.): _____

Pull-ups: _____ 1/4 Mile Walk or Run (time in Min. & Sec.): _____

Sit-ups: _____

Ending Date: _____

Record Final Performance:

Push-ups: _____ Standing Long Jump (dist. in ft. & in.): _____

Pull-ups: _____ 1/4 Mile Walk or Run (time in Min. & Sec.): _____

Sit-ups: _____

Scout's record of thirty (30) day of consecutive exercise:

Day:	Day:	Day:
1	11	21
2	12	22
3	13	23
4	14	24
5	15	25
6	16	26
7	17	27
8	18	28
9	19	29
10	20	30

Parent's Signature: _____

Scout's Signature: _____

Date: _____

