



Troop 70

Trail to First Class Fitness Tracking

	Pushups	Situps	Back Saver	Run / Walk	Other
Initial Test					
Retest					
Improvement					

Plan to Improve:

Day	Pushups	Situps	Back Saver	Run / Walk	Other
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					



Troop 70

Trail to First Class Fitness Tracking

Day	Pushups	Situps	Back Saver	Run / Walk	Other
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Rank Fitness Requirements

Tenderfoot

6a. Record your best in the following tests:

- Pushups — Record the number done correctly in 60 seconds.
- Sit-ups — Record the number done correctly in 60 seconds.
- Back-saver sit-and-reach — Record the distance stretched
- One-mile walk / run — Record the time

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.

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

Second Class

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.

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.

7c. Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions. Report to your Scoutmaster or other adult leader in your troop about which parts of the Scout Oath and Scout Law relate to what you learned.

First Class

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.

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.