

## Exercise Is Essential Patch Contest

Use this form to track your 30 days of exercise. Once complete, share your form with your Den Leader, Scoutmaster or other unit leader. If your activity qualifies as an advancement activity, be sure to mark it in the space provided. Proud of your accomplishments or you just have a fun activity to share? Post it and tag #ccbsascoutstrong

	Date	Activity	# of Minutes	Adv. Req #
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				