

Scouts BSA Exercises for rank advancement

Tenderfoot

6a. Record your best in the following tests:

- Pushups (Record the number done correctly in 60 seconds.)
- Situps or curl-ups (Record the number done correctly in 60 seconds.)
- Back-saver sit-and-reach (Record the distance stretched.)
- 1-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.

- Pushups (Record the number done correctly in 60 seconds.)
- Situps or curl-ups (Record the number done correctly in 60 seconds.)
- Back-saver sit-and-reach (Record the distance stretched.)
- 1-mile walk/run (Record the time.)

Second Class

3b. Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian

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.

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.

Merit Badges with physical activity

(be sure to confirm with your MB Counselor before completing the requirements)

- Athletics
- Cycling
- Hiking
- Personal Fitness