

Troop 505
TENDERFOOT: Fitness Plan Tracking Sheet

- (a) Record your best in the following tests
 (b) 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.
 (c) Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

Fitness test	Initial results Date: _____	Plan for improvement	Final results - show improvement (30 days later) Date: _____
Push ups in 60 seconds			
Sit ups <i>or</i> curl ups in 60 seconds			
Sit & reach - record distance stretched			
1 mile walk/run - record time			

Track activity for Improvement Plan (for at least 30 days)

Week 1 Dates:	
Week 2 Dates:	
Week 3 Dates:	
Week 4 Dates:	

SECOND CLASS: Fitness Plan Tracking Sheet

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.

Track physical activity for 5 days per week for 4 weeks:

Week 1 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 2 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 3 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 4 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	

FIRST CLASS: Fitness Plan Tracking Sheet

8(a) After completing Second Class 7a, be physically active at least 30 min each day for five days a week for four weeks. Keep track of your activities.

8(b) Share your challenges and successes in completing First Class 8a. Set a goal for continuing to include physical activity as part of your daily life.

Track physical activity for 5 days per week for 4 weeks:

Week 1 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 2 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 3 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	
Week 4 Dates:	Day 1	
	Day 2	
	Day 3	
	Day 4	
	Day 5	

Challenges: _____

Successes: _____

Goal for Continuing to include physical activity in your daily life: _____
