

First Class Fitness Requirement

Scout's Name _____

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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

SCOUTS SIGNATURE:

PARENT/GUARDIAN SIGNATURE: