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| Tenderfoot Requirement 6 (A-C) |
| Tenderfoot Requirement 6A requires Scouts to perform a physical fitness test and introduces regular exercise by asking them to perform these exercises for a month (6B). At the end of that time they’re retested to show improvement (6C). This chart will help a Scout keep track of his progress. Performing these exercise 3 times a week will be sufficient to show improvement. More times per week is ok. Do as many as you can and record the amount. Then wait a few minutes and do another set to help strengthen your muscles even more. For the jump, do it three times and record your best. For the run, do it once. The initial test and final test will be done at the scout meeting. |
| DAY | DATE | PUSHUPS | SITUPS | SIT AND REACH | 1-MILE WALK/ RUN |
| START |   |   |   |   |   |
| 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 |   |   |   |   |   |