

**Second Class Fitness Requirement #7a/First Class Fitness Requirement #8a**

Scout Name \_\_\_\_\_

After completing Tenderfoot requirement 6c/First Class requirement 7a, be physically active at least 30 minutes each day for five days a week for 4 weeks. Keep track of your activities. (Use the thin grey rows to record the dates).

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Second Class Fitness Requirement #7b/First Class Fitness Requirement #8b**

Share your challenges and successes in completing Second Class requirement 7a/First Class requirement 8a. \_\_\_\_\_  
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Set a goal for continuing to include physical activity as part of your daily life (and develop a plan for doing so). \_\_\_\_\_  
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