

TENDERFOOT EXERCISE SHEET

Requirement 10a and 10b

Troop 518 Suwanee, GA

Name _____

Start Date _____ End Date _____

	Push Ups	Pull Ups	Sit Ups	Distance Run	Long Jump	Parents Initials
Round 1						
Round 2						
Round 3						
Round 4						
Round 5						
Round 6						
30th Day						

1) Post this sheet in a conspicuous place, like the refrigerator. Do one exercise every day until all the boxes are filled. Alternate the exercises by moving across the rows. This will lessen the chance of injury caused by doing a single exercise 6 days in a row.

2) The exercises are alternated between indoor and outdoor on purpose. For example, if it rains on the day that you plan to do Pull-Ups outdoors, then simply work on Sit-Ups indoors. Then at the first opportunity, you can then go back and complete any missed exercises.

3) While the Boy Scout Handbook says "1/4 mile walk/run" it is important not to worry about the exact distance. You DO NOT need to go to the high school track in order to complete this requirement. Instead, lay out a route in your own neighborhood that is approximately 1/4 mile long, as measured on a car odometer. Maybe it starts at your subdivision entrance and ends at your neighbor's mail box. Maybe it simply goes around the block. The object is to show improvement after running the **same** distance 6 times.

4) It is highly suggested that a parent witness each exercise set and add their initials at the end of each row.

5) Present this sheet to your councilor for your Tenderfoot credit. Then save this completed sheet in your Eagle Scout file.