

## **Physical Fitness Requirement**

(please read the requirement in your handbook)

Rank:

Date of Handout:

Due Date:

Be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

### **Push-ups (Record the date and the number done correctly in 60 seconds.)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Develop and describe a plan for improvement doing Push-ups:

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### **Sit-ups or curl-ups (Record the date and number done correctly in 60 seconds.)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Develop and describe a plan for improvement doing Sit-ups or Curl-ups:

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**Back-saver sit-and-reach (Record the date and distance stretched.)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Develop and describe a plan for improvement doing the Sit and Reach:

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**1-mile walk/run (Record date and time it took to walk/run)**

Week 1	
Week 2	
Week 3	
Week 4	

Develop and describe a plan for improvement for a 1-Mile Walk or Run:

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Signature of Scout\_\_\_\_\_

Signature of Parent\_\_\_\_\_