

2nd Class Req 7a: Once complete with Tenderfoot Requirement 6c, be physically active at least 30 minutes a day for five days a week for 4 weeks. Keep track of your activities

1st Class Req 8a: Once complete with 2nd Class Requirement 7b, be physically active at least 30 minutes a day for five days a week for 4 weeks. Keep track of your activities.

Week 1

Activity:	Time per day, Min 30 minutes:				
	Day 1	Day 2	Day 3	Day 4	Day 5

Ttl Time:

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Week 2

Activity:	Time per day, Min 30 minutes:				
	Day 1	Day 2	Day 3	Day 4	Day 5

Ttl Time:

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Week 3

Activity:	Time per day, Min 30 minutes:				
	Day 1	Day 2	Day 3	Day 4	Day 5

Ttl Time:

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Week 4

Activity:	Time per day, Min 30 minutes:				
	Day 1	Day 2	Day 3	Day 4	Day 5

Ttl Time:

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