

# **TROOP 292** **of HOOKSETT, NH**



## **Tenderfoot Requirements 6a, 6b, 6c** **(Physical Fitness)**

6a. Record your best in the following tests:

- Pushups (Record the number done correctly in 60 seconds.)
- Sit-ups or curl-ups (Record the number done correctly in 60 seconds.)
- Back-saver sit-and-reach (Record the distance stretched.)
- 1-mile walk/run (Record the time.)

6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.

6c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

Activity	First Test	Second Test
Push-ups (in 60 sec.)		
Sit-ups (in 60 sec.)		
Sit & Reach (distance stretched)		
1-mile run/walk (time)		

Description of improvement plan:

Practice Record (30 days) – add date and what you did:
