



REQUIREMENTS & ACTIVITY SHEET

Scout: 1e, Tenderfoot: 1c, 6a, 6b, & 6c

Second Class 1b, 7a, & 7b, First Class: 1b, 5b, 5c, 5d, 8a, & 8b

PHYSICAL FITNESS

Tenderfoot 6a. Record your best in the following tests:

Push-Ups:	(record the # done correctly in 60 sec.)
Sit-Ups or Curl-Ups:	(record the # done correctly in 60 sec.)
Back-Saver Sit-and-Reach:	(record the # done correctly in 60 sec.)
1 Mile Walk/Run:	(record the # done correctly in 60 sec.)

Tenderfoot 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.

Plan Development

Use the worksheet on the next page to help you create a tracking system of your own.

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

Push-Ups:	(record the # done correctly in 60 sec.)
Sit-Ups or Curl-Ups:	(record the # done correctly in 60 sec.)
Back-Saver Sit-and-Reach:	(record the # done correctly in 60 sec.)
1 Mile Walk/Run:	(record the # done correctly in 60 sec.)



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PHYSICAL FITNESS

Tenderfoot 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.

Sample Tracking System

	PUSH-UPS	SIT-UPS OR CURL-UPS	BACK-SAVER SIT-&-REACH	1 MILE WALK/ RUN
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY ..				
DAY 30				

Your Tracking System

You can create your tracking system on a separate piece of paper or poster board, whiteboard, or digitally.

Describe Your Plan for Improvement:

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PHYSICAL FITNESS

Second Class 7a. After completing Tenderfoot requirement 6c, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

Sample Tracking System

Use the chart below to track the type of activity you do five days a week over four weeks for at least 30 minutes.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

Second Class 7b. Share your challenges and successes in completing Second Class requirement 7a. 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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PHYSICAL FITNESS

First Class 8a. After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

Sample Tracking System

Use the chart below to track the type of activity you do five days a week over four weeks for at least 30 minutes.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

First Class 8b. Share your challenges and successes in completing First Class requirement 8a. Set a goal for continuing to include physical activity as part of your daily life.



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THE GREAT OUTDOORS

Scout 1e. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you.

The Outdoor Code

As an American, I will do my best to be clean in my outdoor manners, be careful with fire, be considerate in the outdoors, be conservation-minded.

The Outdoor Code: Fill-in-the-Blank

Cover up the Outdoor Code printed above and fill-in-the-blanks below from memory.

As an _____, I will do my _____ to be clean in my _____, be _____ with
_____, be considerate in the _____, be _____-minded.

Explain What the Outdoor Code Means to You:

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Tenderfoot 1c. Tell how you practiced the Outdoor Code on a campout or outing.

How I Practiced the Outdoor Code:

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*If you haven't attended a campout or outing applicable to this requirement, participate in a virtual campout with your troop.

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THE GREAT OUTDOORS

Second Class 1b. Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot requirement 1c.

The Principles of Leave No Trace

The seven principles of Leave No Trace are listed below. For more information check out [this link](#).

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Explain the Principles of Leave No Trace and How You Practiced Them:

*If you haven't attended a campout or outing applicable to this requirement, participate in a virtual campout with your troop.

First Class 1b. Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing. This outing must be different from the ones used for Tenderfoot requirement 1c and Second Class requirement 1b.

Principles of Tread Lightly!

Travel responsibly Respect the rights of others Educate yourself Avoid sensitive areas Do your part

Explain the Principles of Tread Lightly! and How You Practiced Them:

*If you haven't attended a campout or outing applicable to this requirement, participate in a virtual campout with your troop.



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THE GREAT OUTDOORS

To help you complete First Class 5b, 5c, and 5d, check out the link below for information on Weather Safety.

<https://www.scouting.org/health-and-safety/safety-moments/weather-related-safety/>

First Class 5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.

Identify Two Ways to Obtain a Weather Forecast

1.

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2.

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Why Weather Forecasts are Important When Planning for an Event:

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First Class 5c. Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.

Three Natural Indicators of Impending Hazardous Weather:

1.

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2.

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3.

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PHYSICAL FITNESS & THE GREAT OUTDOORS

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THE GREAT OUTDOORS

Describe the Potential Dangerous Events that Might Result from these Hazardous Weather Conditions and the Appropriate Actions to Take

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First Class 5d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.

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