



All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

# 30 Day Tenderfoot Challenge

<p><b>Record your best in:</b>  <b>Keep track of your activity for at least 30 days</b>            ● Situps or curl ups (Record the number done correctly in 60 seconds for both pushups &amp; Situps.)</p>	<p><b>(First Test)</b>            ● Pushups            ● Back-saver sit-and-reach (Record the distance stretched.)            ● 1 mile walk/run (Record the time)</p>	<p><b>1.</b> Develop and describe a plan for improvement in each of the fitness activities.            Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p><b>2.</b> Record fitness activities.            Assemble a personal first-aid kit.            Explain the uses of each item.</p>	<p><b>3.</b> Record fitness activities            Explain &amp; Show first-aid for:            • Simple cuts and scrapes            • Blisters on the hand and foot</p>	<p><b>4.</b> Record fitness activities.            Explain &amp; Show first-aid for:            • Minor burns (thermal/heat) or scalds (superficial, or first degree)</p>	<p><b>5.</b> Record fitness activities            Explain &amp; Show first-aid for:            • Bites or stings of insects and ticks            • Venomous snakebite</p>
<p><b>6.</b> Record fitness activities            Explain &amp; Show first-aid for:            • Nosebleed            • Frostbite &amp; sunburn            • Choking</p>	<p><b>7.</b> Record fitness activities            Describe common poisonous or hazardous plants; identify any that grow in your local area.</p>	<p><b>8.</b> Record fitness activities            Describe what to do is you become exposed to poisonous or hazardous plants.</p>	<p><b>9.</b> Record fitness activities            Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p><b>10.</b> Record fitness activities            Assemble a personal camping gear.            Show the right way to pack and carry your gear.</p>	<p><b>11.</b> Record fitness activities            Explain the importance of the Outdoor Code and how you put it to use.</p>	<p><b>12.</b> Record fitness activities            Explain the importance of the Bubby System as it relates to your personal safety.</p>
<p><b>13.</b> Record fitness activities            Demonstrate a practical use of the square knot.            Explain uses for it.</p>	<p><b>14.</b> Record fitness activities            Demonstrate a practical use of the two half-hitches.            Explain uses for it.</p>	<p><b>15.</b> Second Test, record fitness activities improvements.</p>	<p><b>16.</b> Record fitness activities            Demonstrate a practical use of the taut-line hitch.            Explain uses for it.</p>	<p><b>17.</b> Record fitness activities            Demonstrate proper care, sharpening, and use of the knife.</p>	<p><b>18.</b> Record fitness activities            Demonstrate proper care, sharpening, and use of the saw.</p>	<p><b>19.</b> Record fitness activities            Demonstrate proper care, sharpening, and use of the ax.</p>
<p><b>20.</b> Record fitness activities            Describe all the uses of a knife, a saw and an ax.</p>	<p><b>21.</b> Record fitness activities            Describe the steps in Scouting's Training EDGE method and how they are used.</p>	<p><b>22.</b> Record fitness activities.            Using the Edge method teach someone how to tie a Square knot</p>	<p><b>23.</b> Record fitness activities            Describe what to do if you become lost on a hike or campout.</p>	<p><b>24.</b> Record fitness activities            Explain the rules of safe hiking on the highway during the day &amp; night.</p>	<p><b>25.</b> Record fitness activities.            Explain the rules of safe hiking across country during the day &amp; night.</p>	<p><b>26.</b> Record fitness activities            Explain how you have lived 1 of 4 points of the Scout Law_____.</p>
<p><b>27.</b> Do your fitness activities.            Explain how you have lived 2<sup>nd</sup> of 4 points of the Scout Law_____.</p>	<p><b>28.</b> Do your fitness activities.            Explain how you have lived 3<sup>rd</sup> of 4 points of the Scout Law_____.</p>	<p><b>29.</b> Do your fitness activities.            Explain how you have lived the 4<sup>th</sup> point of the Scout Law_____.</p>	<p><b>30.</b> Improvement test for fitness activities.            Explain how you have done your Duty to God for this month.</p>			