



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

# 30 Day Tenderfoot Challenge

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