



30 Day Tenderfoot Challenge

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

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