



# 30 Day Tenderfoot Challenge

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

<p><b>Record your best in: Keep track of your activity for at least 30 days</b></p> <ul style="list-style-type: none"> <li>● Situps or curl ups (Record the number done correctly in 60 seconds for both pushups &amp; Situps.)</li> </ul>	<p><b>(First Test)</b></p> <ul style="list-style-type: none"> <li>● Pushups</li> <li>● Back-saver sit-and-reach (Record the distance stretched.)</li> <li>● 1 mile walk/run (Record the time)</li> </ul>	<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:</p> <ul style="list-style-type: none"> <li>• Simple cuts and scrapes</li> <li>• Blisters on the hand and foot</li> </ul>	<p><b>4.</b> Record fitness activities. Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Minor burns (thermal/heat) or scalds (superficial or first degree)</li> </ul>	<p><b>5.</b> Record fitness activities. Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Bites or stings of insects and ticks</li> <li>• Venomous snakebite</li> </ul>
<p><b>6.</b> Record fitness activities. Explain &amp; Show first-aid for:</p> <ul style="list-style-type: none"> <li>• Nosebleed</li> <li>• Frostbite &amp; sunburn</li> <li>• Choking</li> </ul>	<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>d</sup> of 4 points of the Scout Law_____.</p>	<p><b>29.</b> Do your fitness activities. Explain how you have lived the 4th 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>			