## 30 Day Tenderfoot Challenge

**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.)
- 1 mile walk/run (Record the time)

### (First Test)
1. **Pushups**
   - 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.
2. **Record fitness activities.**
   - Assemble a personal first-aid kit. Explain the uses of each item.
3. **Record fitness activities.**
   - Simple cuts and scrapes
   - Blisters on the hand and foot
4. **Record fitness activities.**
   - Nasal bleed
   - Frostbite & sunburn
   - Choking
5. **Record fitness activities.**
   - Common poisonous or hazardous plants; identify any that grow in your local area.
   - Prevent or reduce the occurrence of injuries or exposure of everything listed previously.
6. **Record fitness activities.**
   - Describe the steps in Scouting’s Training EDGE method and how they are used.
7. **Record fitness activities.**
   - Demonstrate a practical use of the taut-line hitch. Explain uses for it.
8. **Record fitness activities.**
   - Using the Edge method teach someone how to tie a Square knot
9. **Record fitness activities.**
   - How to tie the square knot
10. **Record fitness activities.**
    - Explain safe hiking on the highway during the day & night.
11. **Record fitness activities.**
    - How you have lived 1 of 4 points of the Scout Law_______.
12. **Record fitness activities.**
    - Explain how you have lived the 2nd of 4 points of the Scout Law_______.
13. **Record fitness activities.**
    - Explain the importance of the Bubby System as it relates to your personal safety.
14. **Record fitness activities.**
    - Explain the rules of safe hiking across country during the day & night.
15. **Second Test, record fitness activities.**
    - Improvements.
16. **Record fitness activities.**
    - Demonstrate proper care, sharpening, and use of the knife.
17. **Record fitness activities.**
    - Demonstrate proper care, sharpening, and use of the saw.
18. **Record fitness activities.**
    - Demonstrate proper care, sharpening, and use of the ax.
19. **Record fitness activities.**
    - Explain how you have lived 3rd of 4 points of the Scout Law_______.
20. **Record fitness activities.**
    - Explain how you have lived 4th point of the Scout Law_______.
21. **Record fitness activities.**
    - Explain how you have done your Duty to God for this month.
22. **Record fitness activities.**
    - Explain how you have lived 4th point of the Scout Law_______.
23. **Record fitness activities.**
    - Explain how you have lived the 3rd point of the Scout Law_______.
24. **Record fitness activities.**
    - Explain how you have lived 2nd of 4 points of the Scout Law_______.
25. **Record fitness activities.**
    - Explain how you have lived 2nd of 4 points of the Scout Law_______.
26. **Record fitness activities.**
    - Explain how you have lived 3rd point of the Scout Law_______.
27. **Record fitness activities.**
    - Explain how you have lived 1st point of the Scout Law_______.
28. **Record fitness activities.**
    - Explain how you have lived 1st point of the Scout Law_______.
29. **Record fitness activities.**
    - Explain how you have lived 2nd point of the Scout Law_______.
30. **Improvement test for fitness activities.**
    - Explain how you have done your Duty to God for this month.

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