



BOY SCOUTS OF AMERICA®



PACK & TROOP

126

BRADENTON, FL

STRONGER
FASTER
HIGHER

Activity Sheet

Do these activities and record your results. With the jumping rope activity record how many times you jump within a set amount of time. You could also do how many jumps without stopping, how many jumps in 1 minute, or how many jumps in 5 minutes and so on.

For fun, complete this requirement a few weeks after the first time and see how your second time compares. Did your results change between your first and second time?

First Week

Activity	Measurement	Record
20 yard dash	Time	
Vertical Jump	Inches	
Lifting a 5 pound weight	Reps	
Push-ups	Reps	
Sit-ups	Reps	
Jumping Rope	*Time / Reps	

Last Week

Activity	Measurement	Record
20 yard dash	Time	
Vertical Jump	Inches	
Lifting a 5 pound weight	Reps	
Push-ups	Reps	
Sit-ups	Reps	
Jumping Rope	*Time / Reps	