



Bobcat

Complete each of the following requirements:

1. Learn and say the Scout Oath, with help if needed.
2. Learn and say the Scout Law, with help if needed.
3. Show the **Cub Scout sign**. Tell what it means.
4. Show the **Cub Scout handshake**. Tell what it means.
5. Say the **Cub Scout motto**. Tell what it means.
6. Show the **Cub Scout salute**. Tell what it means.
7. With your parent or guardian, complete the exercises in the pamphlet **How to Protect Your Children From Child Abuse: A Parent's Guide**



Bobcat

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Req



Cyber Chip

Complete each of the following requirements:

1. Read, commit to, and sign the Level I Internet Safety Pledge. (BSA Cyber Chip blue card – can be ordered at scoutshop.org)
2. Watch the video “The Password Rap” and another video of your choosing. (NetSmartz.org)
3. As an individual or with your den, use the Teachable Recipes to demonstrate Internet safety rules to your den leader, den, or pack.
4. Discuss with your unit leader the acceptable standards and practices for using allowed electronic devices, such as phones and games, at your meetings and other Scouting events.

(Grades 4-5)

Req



Cyber Chip



Cast Iron Chef

Complete Requirements 1 and 2.

1. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. If possible, shop for the items on your menu. Stay within your budget.
2. Prepare a balanced meal for your den or family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety practices while preparing the meal.
3. Use tinder, kindling, and fuel wood to demonstrate how to build a fire in an appropriate outdoor location. If circumstances permit and there is no local restriction on fires, show how to safely light the fire, under the supervision of an adult. After allowing the fire to burn safely, safely extinguish the flames with minimal impact to the fire site.



Cast Iron Chef

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Duty to God and You

Complete Requirement 1 and at least two others of your choice.

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.
2. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.
3. Discuss with your family, family's faith leader, or other trusted adult how planning and participating in a service of worship or reflection helps you live your duty to God.
4. List one thing that will bring you closer to doing your duty to God, and practice it for one month. Write down what you will do each day to remind you.



Duty to God and You

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First Responder

Complete Requirement 1 and at least five others.

1. Explain what first aid is. Tell what you should do after an accident.
2. Show what to do for hurry cases of first aid: Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning
 - (a) Serious bleeding
 - (b) Heart attack or sudden cardiac arrest
 - (c) Stopped breathing
 - (d) Stroke
 - (e) Poisoning
3. Show how to help a choking victim.
4. Show how to treat for shock.
5. Demonstrate how to treat at least five of the following:
 - (a) Cuts and scratches
 - (b) Burns and scalds
 - (c) Sunburn
 - (d) Blisters on the hand or foot
 - (e) Tick bites
 - (f) Bites and stings of other insects
 - (g) Venomous snakebites
 - (h) Nosebleed
 - (i) Frostbite
6. Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.
7. Create and practice an emergency readiness plan for your home or den meeting place.
8. Visit with a first responder or health care professional.



First Responder

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Stronger, Faster, Higher

Complete Requirements 1-3 and at least one other.

1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
2. Do these activities and record your results:
 - (a) 20 yard dash
 - (b) Vertical jump
 - (c) Lifting a 5 pound weight
 - (d) Push-ups
 - (e) Curls
 - (f) Jumping rope
3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week.
4. Try a new sport that you have never tried before.
5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and try to improve your time over a two week period.
6. With adult guidance, help younger Scouts by leading them in a fitness game or games.



Stronger, Faster, Higher

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Webelos Walkabout

Complete Requirements 1-4 and at least one other.

1. Plan a hike or outdoor activity.
2. Assemble a first aid kit suitable for your hike or activity.
3. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures.
4. With your Webelos den or with a family member, hike 3 miles. Before your hike, plan and prepare a nutritious lunch or snack. Enjoy it on your hike, and clean up afterward.
5. Describe and identify from photos any poisonous plants and dangerous animals and insects you might encounter on your hike or activity.
6. Perform one of the following leadership roles during your hike: trail leader, first aid leader, or lunch or snack leader.



Webeles Walkabout

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Aquanaut

Complete Requirements 1-4 and at least two others.

1. State the safety precautions you need to take before doing any water activity.
2. Discuss the importance of learning the skills you need to know before going boating.
3. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.
4. Attempt the BSA swimmer test.
5. Demonstrate the precautions you must take before attempting to dive headfirst into the water, and attempt a front surface dive.
6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.
7. Invite a current or former lifeguard, or member of a rescue squad, the U.S. Coast Guard, U.S. Navy, or other armed forces branch who has had swimming and rescue training to your den meeting. Find out what training and other experiences this person has had.
8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Swim 25 feet wearing the life jacket. Get out of the water, remove the life jacket, and hang it where it will dry.
9. If you are a qualified swimmer, select a paddle of the proper size, and paddle a canoe with an adult's supervision.



Aquanaut

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Art Explosion

Complete Requirements 1-3. Requirement 4 is optional.

1. Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw. What did you like?
2. Create two self-portraits using two different techniques, such as drawing, painting, printmaking, sculpture, and computer illustration.
3. Do two of the following:
 - (a) Draw or paint an original picture outdoors, using the art materials of your choice.
 - (b) Use clay to sculpt a simple form.
 - (c) Create an object using clay that can be fired, baked in the oven, or air-dried.
 - (d) Create a freestanding sculpture or mobile using wood, metal, papier-mâché, or found or recycled objects.
 - (e) Make a display of origami or kirigami projects.
 - (f) Use a computer illustration or painting program to create a work of art.
 - (g) Create an original logo or design. Transfer the design onto a T-shirt, hat, or other object.
 - (h) Using a camera or other electronic device, take at least 10 photos of your family, a pet, or scenery. Use photo-editing software to crop, lighten or darken, and change some of the photos.
 - (i) Create a comic strip with original characters. Include at least four panels to tell a story centered on one of the points of the Scout Law. Characters can be hand-drawn or computer-generated.
4. Choose one of the following methods to show your artwork:
 - (a) Create a hard-copy or digital portfolio of your projects. Share it with your family and members of your den or pack.
 - (b) Display your artwork in a pack, school, or community art show.



Art Explosion

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Aware and Care

Complete the following Requirements.

1. Develop an awareness of the challenges of the blind or visually impaired through participation in an activity that simulates blindness or visual impairment. Alternatively, participate in an activity that simulates the challenges of being deaf or hard of hearing.
2. Engage in an activity that simulates mobility impairment. Alternatively, take part in an activity that simulates dexterity impairment.
3. With your den, participate in an activity that focuses on the acceptance of differences in general.
4. Do two of the following:
 - (a) Do a Good Turn for residents at a skilled nursing facility or retirement community.
 - (b) Invite an individual with a disability to visit your den, and discuss what activities he or she currently finds challenging or found challenging in the past.
 - (c) Attend a disabilities event such as a Special Olympics competition, an adaptive sports event, a performance with sign language interpretation, or an activity with service dogs. Tell your den what you thought about the experience.
 - (d) Talk to someone who works with people who have disabilities. Ask what that person does and how he or she helps people with disabilities.
 - (e) Using American Sign Language, sign the Scout Oath.
 - (f) With the help of an adult, contact a service dog organization, and learn the entire process from pup training to assignment to a client.
 - (g) Participate in a service project that focuses on a specific disability.
 - (h) Participate in an activity with an organization whose members are disabled.



Aware and Care

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Build It

Complete the following Requirements.

1. Learn about some basic tools and the proper use of each tool. Learn about and understand the need for safety when you work with tools.
2. With the guidance of your Webelos den leader, parent, or guardian, select a carpentry project and build it.
3. List the tools that you use safely as you build your project; create a list of materials needed to build your project. Put a checkmark next to the tools on your list that you used for the first time.
4. Learn about a construction career. With your Webelos den leader, parent, or guardian, visit a construction site, and interview someone working in a construction career.



Build It

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Castaway

Complete Requirements 1 and 2.

1. Complete a. and your choice of b. or c.
 - (a) On a campout or outdoor activity with your den or family, cook two different recipes that do not require pots and pans.
 - (b) With the help of an adult, demonstrate one way to light a fire without using matches.
 - (c) Using tree limbs or branches that have already fallen or been cut, build a shelter that will protect you overnight.
2. Do all of the following.
 - (a) Learn what items should be in an outdoor survival kit that you can carry in a small bag or box in a day pack. Assemble your own small survival kit, and explain to your den leader why the items you chose are important for survival.
 - (b) With your den, demonstrate two ways to treat drinking water to remove impurities.
 - (c) Discuss what to do if you become lost in the woods. Tell what the letters "ST-O-P" stand for. Tell what the universal emergency signal is. Describe three ways to signal for help. Demonstrate one of them. Describe what you can do to help rescuers find you.
 - (d) Make a list of four qualities you think a leader should have in an emergency and why they are important to have. Pick two of them, and act them out for your den. Describe how each relates to a point of the Scout Law. Describe how working on this adventure gave you a better understanding of the Boy Scout motto.



Castaway

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Earth Rocks!

Complete all Requirements.

1. Do the following:
 - (a) Explain the meaning of the word "geology."
 - (b) Explain why this kind of science is an important part of your world.
2. Look for different kinds of rocks or minerals while on a rock hunt with your family or your den.
3. Do the following:
 - (a) Identify the rocks you see on your rock hunt. Use the information in your handbook to determine which types of rocks you have collected.
 - (b) With a magnifying glass, take a closer look at your collection. Determine any differences between your specimens.
 - (c) Share what you see with your family or den.
4. Do the following:
 - (a) With your family or den, make a mineral test kit, and test minerals according to the Mohs scale of mineral hardness.
 - (b) Record the results in your handbook.
5. Identify on a map of your state some geological features in your area.
6. Do the following:
 - (a) Identify some of the geological building materials used in building your home.
 - (b) Identify some of the geological materials used around your community.



Earth Rocks!

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Engineer

Complete Requirements 1 and 2. Requirements 3 and 4 are optional.

1. Pick one type of engineer. With the help of the Internet, your local library, or an engineer, discover three things that describe what that engineer does. (To use the Internet, be sure that you have a current Cyber Chip or that you have permission from your Webelos den leader, parent, or guardian.) Share your findings with your Webelos den.
2. Learn to follow engineering design principles by doing the following:
 - (a) Examine a set of blueprints or specifications. Using these as a model, prepare your own set of blueprints or specifications to design a project.
 - (b) Using the blueprints or specifications from your own design, complete your project. Your project may be something useful or something fun.
 - (c) Share your project with others at a den or pack meeting.
3. Explore other fields of engineering and how they have helped form our past, present, and future.
4. Pick and do two projects using the engineering skills you have learned. Share your projects with your den, and also exhibit them at a pack meeting.



Engineer

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Game Design

Do all of these:

1. Decide on the elements for your game.
2. List at least five of the online safety rules that you put into practice while using the Internet on your computer or smartphone. Skip this if your Cyber Chip is current.
3. Create your game.
4. Teach an adult or another Scout how to play your game.



Game Design

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Into the Wild

Do six from requirements 1 through 9.

1. Collect and care for an "insect, amphibian, or reptile zoo." You might have crickets, ants, grasshoppers, a lizard, or a toad (but be careful not to collect or move endangered species protected by federal or state law). Study them for a while and then let them go. Share your experience with your Webelos den.
2. Set up an aquarium or terrarium. Keep it for at least a month. Share your experience with your Webelos den by showing them photos or drawings of your project or by having them visit to see your project.
3. Watch for birds in your yard, neighborhood, or town for one week. Identify the birds you see, and write down where and when you saw them.
4. Learn about the bird flyways closest to your home. Find out which birds use these flyways.
5. Watch at least four wild creatures (reptiles, amphibians, arachnids, fish, insects, or mammals) in the wild. Describe the kind of place (forest, field, marsh, yard, or park) where you saw them. Tell what they were doing.
6. Identify an insect, reptile, bird, or other wild animal that is found only in your area of the country. Tell why it survives in your area.
7. Give examples of at least two of the following:
 - o (a) A producer, a consumer, and a decomposer in the food chain of an ecosystem
 - o (b) One way humans have changed the balance of nature
 - o (c) How you can help protect the balance of nature
8. Learn about aquatic ecosystems and wetlands in your area. Talk with your Webelos den leader or family about the important role aquatic ecosystems and wetlands play in supporting life cycles of wildlife and humans, and list three ways you can help.
9. Do ONE of the following:
 - o (a) Visit a museum of natural history, a nature center, or a zoo with your family, Webelos den, or pack. Tell what you saw.
 - o (b) Create a video of a wild creature doing something interesting, and share it with your family and den.



Into the Wild

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Elect Into the Woods

Complete at least Requirements 1-4 and one other.

1. Identify two different groups of trees and the parts of a tree.
2. Identify four trees common to the area where you live. Tell whether they are native to your area. Tell how both wildlife and humans use them.
3. Identify four plants common to the area where you live. Tell which animals use them and for what purpose.
4. Develop a plan to care for and then plant at least one plant or tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
5. Make a list of items in your home that are made from wood and share it with your den. OR: With your den, take a walk and identify useful things made from wood.
6. Explain how the growth rings of a tree trunk tell its life story. Describe different types of tree bark and explain what the bark does for the tree.
7. Visit a nature center, nursery, tree farm, or park, and speak with someone knowledgeable about trees and plants that are native to your area. Explain how plants and trees are important to our ecosystem and how they improve our environment.



Into the Woods

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Sports

Complete all Requirements.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or part of a team.
3. Complete the following requirements:
 - (a) Explain what good sportsmanship means.
 - (b) Role-play a situation that demonstrates good sportsmanship.
 - (c) Give an example of a time when you experienced or saw someone showing good sportsmanship.



Sports

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Yo-Yo

Complete the following requirements:

1. Learn the safety rules of using a yo-yo and follow them at all times.
2. Using a real yo-yo string, a regular string, or a piece of yarn, show how to find the proper yo-yo string length for you.
3. Explain why it is important to have the correct string length and to be in the right location before throwing a yo-yo.
4. Demonstrate how to properly string a yo-yo and how to create a slip knot
5. In an area where there are no hazards or other people, conduct the pendulum experiment with a yo-yo. Explain what happens to the yo-yo when the string is longer.
6. Show that you can properly wind a yo-yo.
7. Demonstrate one of the following:
 - (a) Gravity pull
 - (b) Sleeper
 - (c) Breakaway



Yo-Yo

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Protect Yourself Rules

Complete each of the following:

1. Watch the "Protect Yourself" video lessons for this adventure.
2. Know the six Protect Yourself Rules.
3. Describe what cyberbullying is and identify things you should never tell about yourself to others when online.
4. Describe three ways to get out of a situation with someone who is making you feel unsafe.
5. List five safe adults you could tell if someone has made you feel unsafe.



Protect Yourself Rules

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Modular Design

Complete the following requirements.

There are no adventure loops or pins to purchase for this adventure.

1. Learn what modular design is and identify three things that use modular design in their construction.
2. Identify three benefits of using modular design.
3. Using modular-based building pieces, build a model from a set of instructions.
4. Using modular-based building pieces, build a model without using a set of instructions. The model may represent something real or fictional.
5. Using the model you made in requirement 4, create a set of step-by-step instructions on how to make your model. Have someone make your model using your instructions.
6. Share your model with your den and/or family. Explain what your model is designed to do.
7. With your parent or legal guardian's permission, watch a video demonstrating how something was built using modular design.



Modular Design

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