

FITNESS

- 6. a. Record your best in the following tests:
 - Pushups (Record the number done correctly in 60 seconds.)
 - Situps or curl ups (Record the number done correctly in 60 seconds.)
 - Back-saver sit-and-reach (Record the distance stretched.)
 - 1 mile walk/run (Record the time.)
- (Record your results in the table below item 6c.)*
- b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |

- c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

| | | First Test | Second Test | Improvement |
|--------------------------|------------|------------|-------------|-------------|
| Activity : | Date: | | | |
| Pushups | (number) | | | |
| Situps or curl ups | (number) | | | |
| Back-saver sit-and-reach | (distance) | | | |
| 1 mile walk/run | (time) | | | |

CITIZENSHIP

- 7. a. Demonstrate how to display, raise, lower, and fold the U.S. flag.
- b. Participate in a total of one hour of service in one or more service projects approved by your Scoutmaster.

| Date | Start Time | End Time | Duration | Service Project |
|------|------------|----------|----------|-----------------|
| | | | | |
| | | | | |

Explain how your service to others relates to the Scout slogan and Scout motto.

| |
|--|
| |
| |
| |
| |
| |
| |
| |