



Cub Scout Fitness Challenge

Day	<u>Step-ups</u>		<u>Sargent Jump</u>		<u>Press-ups</u>		<u>Sit-ups</u>		<u>Calf Exercise</u>		<u>Run on spot</u>	
	Target	Actual	Target	Actual	Target	Actual	Target	Actual	Target	Actual	Target	Actual
Sunday	20		5		5		5		5		1 min	
Monday	20		5		5		5		5		1 min	
Tuesday	25		6		6		6		5		1 min	
Wednesday	25		6		7		7		6		1.5min	
Thursday	30		7		8		8		6		1.5min	
Friday	30		7		9		9		6		1.5min	
Saturday	30		8		10		10		6		2 min	

Day	<u>Handstand</u>		<u>Balance</u>		Throw object in bucket		<u>Skipping</u>		<u>Stretches</u>		<u>Your choice</u>	
	Target	Actual	Target	Actual	Target	Actual	Target	Actual	Target	Actual	Target	Actual
Sunday	1		1 min		3		3		1 min			
Monday	1		1 min		3		3		1 min			
Tuesday	1		1 min		4		4		1 min			
Wednesday	2		1.5min		4		4		1.5min			
Thursday	2		1.5min		5		5		1.5min			
Friday	3		1.5min		6		6		1.5min			
Saturday	4		2 min		10		7		2 min			

Enter in each box your actual, and get your Mum or Dad to sign it for you

Your name: Parent: