

Troop 16

Tenderfoot Physical Fitness workout chart

(Do the following every other day for 4 weeks)
(Bring to each meeting)

Date														
Sit Ups (count)														
Push ups (Count)														
Long jump (Distance)														
¼ mile run (time)														
Crunches (count)														

Scouts Name _____

Parent's signature upon completion _____ Date _____

Scoutmaster's signature upon completion _____ Date _____

