

Name: _____ Troop 122 Start Date: _____ (Start on any day of week 1)

First Class 8a Requirement: After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks.

Keep track of your activities.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							