

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

2nd Class 7a Requirement: After completing Tenderfoot requirement 6c, 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							