

**Tenderfoot Requirement 10 a&b**

Name:

Do these 5 exercises every day for 30 days. Check off that you did them. If you skip a day, start over. Record your starting and ending capability.

Day Number	Pushups	Pull-ups	Sit-ups	Standing long jump	1/4-mile walk/run	excuse
/ /2001 1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
/ /2001 30						

Record Initial Capability

Date:

Number of Pushups

Number of Pull-ups

Number of Sit-ups

Standing long jump

ft. in.

1/4-mile walk/run

min.

Record Capability after 30 days

Date:

Number of Pushups

Number of Pull-ups

Number of Sit-ups

Standing long jump

ft. in.

1/4-mile walk/run

min.