

Tenderfoot Requirement 10a/10b

"To carry out all of the duties and work of a scout properly, a fellow has to be strong, healthy, and active. And he can make himself so if he takes a little care about it" - Baden-Powell, Scouting for Boys, 1915

"Practice each of these exercises regularly for a month, then test yourself again"

	Push Ups (count)	Pull Ups (count)	Sit ups (count)	Standing Long Jump		1/4 walk/run (duration)	Date
				(Feet)	(Inches)		
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