

Tenderfoot Personal Fitness

Day

Scout: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10
Sit-Ups										
Push Ups										
Pull-Ups										
1/4 Mile Run/Walk										
Standing Long Jump										
	11	12	13	14	15	16	17	18	19	20
Sit-Ups										
Push Ups										
Pull-Ups										
1/4 Mile Run/Walk										
Standing Long Jump										
	21	22	23	24	25	26	27	28	29	30
Sit-Ups										
Push Ups										
Pull-Ups										
1/4 Mile Run/Walk										
Standing Long Jump										

Body Composition	1	5	10	15	20	25	30
Body weight (in pounds)							
Body Fat (in percent)							
Height (feet/inches)							
Body Mass Index							
Heart Rate							
Blood Pressure							