

# Week Six: Physical Fitness



Use this sheet to keep track of all the challenges you complete for this week!

Remember – to earn the award you only have to complete one activity from the checklist, participate in two virtual meetings over the course of the program, and submit a picture or small paragraph on what you've done!

Activity	Program	Date
On Your Mark Adventure	Lion Cubs	
Rolling Tigers	Tiger Cubs	
Sports	WEBELOs/AOLs	
Skating Merit Badge	Scouts BSA	
Scout Strong Presidential Active Lifestyle Award*	All	
<u>Neighborhood Walk Scavenger Hunt</u>	All	
<u>DIY Obstacle Course</u>	All	

\* For this requirement we ask that you start working towards the PALA Award.