

Troop 175
Tenderfoot (Requirement 10a&b)
Personal Fitness Record



Scouts Name: _____

Date Started: _____

	Date	Push-Ups	Pull-Ups	Sit-Ups	Standing Broad Jump	1/4 Mile Walk/Run
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
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17						
18						
19						
20						

21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
Improvement						

Scoutmaster Review: _____ Date: _____