Tenderfoot Rank

Exercise Record

6a. Record your best in the following tests:
6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days
6c. Show improvement (of any degree) in the activities listed in requirement 6a after practicing for 30 days.

Start Date _____

Day	1	2	3	4	5	6	7	8	9	10
Push-ups (number done correctly in 60 seconds)										
Sit-ups or Curl-ups (number done correctly in 60 seconds)										
Back-Saver sit and reach (Record the distance stretched)										
1 mile walk/run (record time)										

Day	11	12	13	14	15	16	17	18	19	20
Push-ups (number done correctly in 60 seconds)										
Sit-ups or Curl-ups (number done correctly in 60 seconds)										
Back-Saver sit and reach (Record the distance stretched)										
1 mile walk/run (record time)										

Day	21	22	23	24	25	26	27	28	29	30
Push-ups (number done correctly in 60 seconds)										
Sit-ups or Curl-ups (number done correctly in 60 seconds)										
Back-Saver sit and reach (Record the distance stretched)										
1 mile walk/run (record time)										