



FITNESS REQUIREMENT LOG FOR TENDERFOOT RANK

Scouts Name: _____ Date Started: ___/___/___ Date Complete ___/___/___

(Refer to Requirement 10a in Scout Handbook)

DAY	PUSHUPS	PULLUPS	SITUPS	STANDING LONG JUMP	RUN/WALK 500 YARDS
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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25					
26					
27					
28					
29					
30					