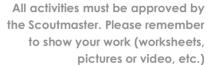


30 Day Scout Rank Challenge

		1. Repeat from memory the: • Scout Oath • In your own words, explain its meaning.	2. Repeat from memory the: • Scout Law • In your own words, explain its meaning.	3. Repeat from memory the: • Scout Motto • In your own words, explain its meaning.	4. Repeat from memory the:Scout SloganIn your own words, explain its meaning.	5. Explain what Scout spirit is & what it means to you.
6. Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.	7. Demonstrate the: • Scout Sign • Explain when it should be used.	8. Demonstrate the: • Scout Salute • Explain when it should be used	9. Demonstrate the: • Scout Handshake • Explain when it should be used	10. Describe the First Class Scout badge: •Tell what each part stands for. • Explain the significance of the badge.	11. Repeat from memory the:Outdoor Code.Explain what it means to you.	12. Repeat from memory the:Pledge of Allegiance.Explain its meaning.
13. Describe how the Scouts in the troop provide its leadership.	14. Describe the four steps of Scouts BSA advancement	15. Explain what a Scoutmaster Conference is and how you get one.	16. Describe what the Scouts BSA ranks are and how they are earned.	17. Describe what a merit badge is. What is needed to earn one.	18. Explain the patrol method. Describe the types of patrols that are used in your troop.	19. Explain how the patrol name, emblem, flag, and yell create patrol spirit.
20. Demonstrate how to tie a square knot. Explain uses for it.	21. Demonstrate how to two half- hitches. Explain uses for it.	22. Demonstrate how to tie a taut-line hitch. Explain uses for it.	23. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.	24. Demonstrate your knowledge of pocketknife safety.	25. With your Guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent's Guide.	26. Earn the Cyber Chip Award for your grade
27. Repeat from memory the Pledge of Allegiance with scout salute.	28. Repeat from memory the Scout Oath, & Scout Law with Scout Sign.	29. Repeat from memory the Scout motto, and Scout slogan.	30. Repeat from memory the Outdoor Code.			





30 Day Tenderfoot Challenge

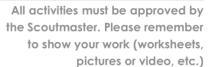
Record your best in: Keep track of your activity for at least 30 days Situps or curl ups (Record the number done correctly in 60 seconds for both pushups & Situps.)	(First Test) Pushups Back-saver sit-and-reach (Record the distance stretched.) 1 mile walk/run (Record the time)	1. Develop and describe a plan for improvement in each of the fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.	2. Record fitness activities. Assemble a personal first-aid kit. Explain the uses of each item.	 3. Record fitness activities Explain & Show firstaid for: Simple cuts and scrapes Blisters on the hand and foot 	 4. Record fitness activities. Explain & Show firstaid for: Minor burns (thermal/heat) or scalds (superficial, or first degree) 	 5. Record fitness activities Explain & Show first-aid for: Bites or stings of insects and ticks Venomous snakebite
 6. Record fitness activities Explain & Show firstaid for: Nosebleed Frostbite & sunburn Choking 	7. Record fitness activities Describe common poisonous or hazardous plants; identify any that grow in your local area.	8. Record fitness activities Describe what to do is you become exposed to poisonous or hazardous plants.	9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.	10. Record fitness activities Assemble a personal camping gear. Show the right way to pack and carry your gear.	11. Record fitness activities Explain the importance of the Outdoor Code and how you put it to use.	12. Record fitness activities Explain the importance of the Bubby System as it relates to your personal safety.
13. Record fitness activities Demonstrate a practical use of the square knot. Explain uses for it.	14. Record fitness activities Demonstrate a practical use of the two half-hitches. Explain uses for it.	15. Second Test, record fitness activities improvements.	16. Record fitness activities Demonstrate a practical use of the taut-line hitch. Explain uses for it.	17. Record fitness activities Demonstrate proper care, sharpening, and use of the knife.	18. Record fitness activities Demonstrate proper care, sharpening, and use of the saw.	19. Record fitness activities Demonstrate proper care, sharpening, and use of the ax.
20. Record fitness activities	21. Record fitness activities	22. Record fitness activities.	23. Record fitness activities	24. Record fitness activities	25. Record fitness activities.	26. Record fitness activities
Describe all the uses of a knife, a saw and an ax.	Describe the steps in Scouting's Training EDGE method and how they are used.	Using the Edge method teach someone how to tie a Square knot	Describe what to do if you become lost on a hike or campout.	Explain the rules of safe hiking on the highway during the day & night.	Explain the rules of safe hiking across country during the day & night.	Explain how you have lived 1 of 4 points of the Scout Law
27. Do your fitness activities. Explain how you have lived 2 nd of 4 points of the Scout Law	28. Do your fitness activities. Explain how you have lived 3 rd of 4 points of the Scout Law	29. Do your fitness activities. Explain how you have lived the 4th point of the Scout Law	30. Improvement test for fitness activities. Explain how you have done your Duty to God for this month.			



30 Day Second Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

Be physically active at least 30 minutes each day for five days a week for four weeks.	Keep track of your activities.	1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.	2. Record fitness activities.Explain & Show firstaid for:Object in the eyeBite of a warmblooded animal	 3. Record fitness activities Explain & Show firstaid for: Puncture wounds from a splinter, nail, and fishhook 	 4. Record fitness activities. Explain & Show first-aid for: Serious burns (partial thickness, or second-degree) 	5. Record fitness activitiesExplain & Show firstaid for:Heat exhaustionShock
6. Explain & Show first-aid for:HeatstrokeDehydrationHypothermiaHyperventilation	7. Record fitness activities Show what to do for "hurry" cases of: • Stopped breathing • Stroke	8. Record fitness activities Show what to do for "hurry" cases of: • Severe bleeding • Ingested poisoning	9. Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.	10. Record fitness activities Explain what to do in case of accidents that require EMS response in the home & backcountry.	11. Record fitness activities Explain what constitutes an emergency & what information you will need to provide to a responder.	12. Tell how you should respond if you come upon the scene of a vehicula accident.
13. With your family, decide on an amount of money that you need to earn, based on the cost of a specific item you would like to purchase.	14. Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.	15. Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.	16. Record fitness activities Discuss any changes made to your original plan and whether you met your goal.	17. Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.	18. Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.	19. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five ma symbols.
20. Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)	21. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.	22. Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.	23. Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.	24. Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.	25. Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.	Explain how you have lived 1 of 4 points of the Scout Law (Do not use the same ones from Tenderfoot)
27. Explain how you have lived 2 nd of 4 points of the Scout Law	28 Explain how you have lived 3 rd of 4 points of the Scout Law	Explain how you have lived the 4th point of the Scout Law	30 Explain how you have done your Duty to God for this month.			





30 Day First Class Challenge

Be physically active at least 30 minutes each day for five days a week for four weeks.	Keep track of your activities.	1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.	2. Record fitness activities.Demonstrate bandages for:Sprained ankleHead Injuries	3. Record fitness activitiesDemonstrate bandages for:Upper arm injuriesCollarbone injuries	4. Record fitness activities.With a partner, show how to:Transport a person from a smoke-filled room.	 5. Record fitness activities With a partner, show how to: Transport a person with a sprained ankle at least 25 yards.
Explain the five most common symptoms of a heart attack.	7. Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	8. Record fitness activities List utility services in your home. Describe potential hazards with these utilities & how to respond in emergency situations.	9. Record fitness activities Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.	10. Record fitness activities Explain how to obtain potable water in an emergency.	11. Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.	12. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.
13. Explain what, if anything, could be done by you or your community to address the concern.	14. Record fitness activities On an outing, take note of the trash and garbage you produce.	15. Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.	16. Record fitness activities Use a map & compass cover one mile & measure the height and/or width of designated items. (Orienteering Course)	17. Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system	18. Record fitness activities Using GPS find your location, select a destination, and plan your route there.	19. Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.
20. Record fitness activities Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses.	21. Record fitness activities. Use lashings to make a useful camp gadget or structure.	22. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.	23. Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.	24. Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.	Share your fitness challenges and successes once completing 4 weeks.	Explain how you have lived 1 of 4 points of the Scout Law (Do not use the same ones from Tenderfoot)
Explain how you have lived 2 nd of 4 points of the Scout Law	Explain how you have lived 3 rd of 4 points of the Scout Law	Explain how you have lived the 4th point of the Scout Law	Explain how you have done your Duty to God for this month.			