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Please submit errors, omissions, comments or suggestions about this **checklist** to: [Workbooks@USScouts.Org](mailto:Workbooks@usscouts.org?subject=Cub%20Scout%20Workbooks)

Comments or suggestions for changes to the **requirements** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Webelos Scout’s Name: Pack No. :

**Source for requirements Cub Scout Webelos Handbook (#34754 - SKU 646430)**

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| **This adventure is required to earn the Webelos Badge.** |

**Complete Requirements 1-3 and at least one other.**

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**⬜ 1. Understand and explain why you should warm up before exercising and cool down afterward.**

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**⬜ Demonstrate the proper way to warm up and cool down.**

**⬜ 2. Do these activities and record your results:**

**⬜ a. 20-yard dash**

**⬜ b. Vertical jump**

**⬜ c. Lifting a 5-pound weight**

**⬜ d. Push-ups**

**⬜ e. Curls**

**⬜ f. Jumping rope**

**⬜ 3. Make an exercise plan that includes at least three physical activities.**

**What is in your plan?**

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**⬜ Carry out your plan for 30 days, and write down your progress each week.**

**Start Date: End Date:**

**Progress after Week 1:**

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**Progress after Week 2:**

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**Progress after Week 3:**

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**Progress after Week 4:**

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**⬜ 4. Try a new sport you have never tried before.**

**What Sport?**

**⬜ 5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running.**

**⬜ Time yourself going through the course, and try to improve your time over a two-week period.**

**Initial Time through Course:**

**Time through Course after 1 week:**

**Time through Course after 2 weeks:**

**⬜ 6. With adult guidance, lead younger Scouts in a fitness game or games.**

**When working on Cub Scout Advancements and awards, Cub Scouts, their parents, and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from** [**http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf**](http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf)**.**

**You can download a complete copy of the *Guide to Advancement* .from** [**http://www.scouting.org/filestore/pdf/33088.pdf**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**