



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

30 Day First Class Challenge

<p>Be physically active at least 30 minutes each day for five days a week for four weeks.</p>	<p>Keep track of your activities.</p>	<p>1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p>2. Record fitness activities. Demonstrate bandages for:</p> <ul style="list-style-type: none"> • Sprained ankle • Head Injuries 	<p>3. Record fitness activities Demonstrate bandages for:</p> <ul style="list-style-type: none"> • Upper arm injuries • Collarbone injuries 	<p>4. Record fitness activities. With a partner, show how to:</p> <ul style="list-style-type: none"> • Transport a person from a smoke-filled room. 	<p>5. Record fitness activities With a partner, show how to:</p> <ul style="list-style-type: none"> • Transport a person with a sprained ankle at least 25 yards.
<p>6. Explain the five most common symptoms of a heart attack.</p>	<p>7. Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).</p>	<p>8. Record fitness activities List utility services in your home. Describe potential hazards with these utilities & how to respond in emergency situations.</p>	<p>9. Record fitness activities Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.</p>	<p>10. Record fitness activities Explain how to obtain potable water in an emergency.</p>	<p>11. Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.</p>	<p>12. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.</p>
<p>13. Explain what, if anything, could be done by you or your community to address the concern.</p>	<p>14. Record fitness activities On an outing, take note of the trash and garbage you produce.</p>	<p>15. Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.</p>	<p>16. Record fitness activities Use a map & compass cover one mile & measure the height and/or width of designated items. (Orienteering Course)</p>	<p>17. Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system</p>	<p>18. Record fitness activities Using GPS find your location, select a destination, and plan your route there.</p>	<p>19. Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.</p>
<p>20. Record fitness activities Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses.</p>	<p>21. Record fitness activities. Use lashings to make a useful camp gadget or structure.</p>	<p>22. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p>23. Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.</p>	<p>24. Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.</p>	<p>25. Share your fitness challenges and successes once completing 4 weeks.</p>	<p>26. Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)</p>
<p>27. Explain how you have lived 2nd of 4 points of the Scout Law_____.</p>	<p>28. Explain how you have lived 3rd of 4 points of the Scout Law_____.</p>	<p>29. Explain how you have lived the 4th point of the Scout Law_____.</p>	<p>30. Explain how you have done your Duty to God for this month.</p>			