Tenderfoot Fitness Chart

Scouts BSA

Use this form to chart your progress on your fitness journey. Use the Date and Result columns to record what you can do now. Then make an improvement plan and follow it for a month. Test yourself again to see how much you've improved.

Exercise	Date	Result	**Date** (30 days later)	**Result** (30 days later)
Push-ups Record the number done correctly in 60 seconds.				
Sit-ups or curl-ups Record the number done correctly in 60 seconds.				
Back-saver sit-and-reach Record distance stretched.				
1-mile walk/run Record time.				