



# 30 Day Scout Rank Challenge

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

		<p><b>1.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Scout Oath</li> <li>• In your own words, explain its meaning.</li> </ul>	<p><b>2.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Scout Law</li> <li>• In your own words, explain its meaning.</li> </ul>	<p><b>3.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Scout Motto</li> <li>• In your own words, explain its meaning.</li> </ul>	<p><b>4.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Scout Slogan</li> <li>• In your own words, explain its meaning.</li> </ul>	<p><b>5.</b> Explain what Scout spirit is &amp; what it means to you.</p>
<p><b>6.</b> Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto, and Scout slogan.</p>	<p><b>7.</b> Demonstrate the:</p> <ul style="list-style-type: none"> <li>• Scout Sign</li> <li>• Explain when it should be used.</li> </ul>	<p><b>8.</b> Demonstrate the:</p> <ul style="list-style-type: none"> <li>• Scout Salute</li> <li>• Explain when it should be used</li> </ul>	<p><b>9.</b> Demonstrate the:</p> <ul style="list-style-type: none"> <li>• Scout Handshake</li> <li>• Explain when it should be used</li> </ul>	<p><b>10.</b> Describe the First Class Scout badge:</p> <ul style="list-style-type: none"> <li>• Tell what each part stands for.</li> <li>• Explain the significance of the badge.</li> </ul>	<p><b>11.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Outdoor Code.</li> <li>• Explain what it means to you.</li> </ul>	<p><b>12.</b> Repeat from memory the:</p> <ul style="list-style-type: none"> <li>• Pledge of Allegiance.</li> <li>• Explain its meaning.</li> </ul>
<p><b>13.</b> Describe how the Scouts in the troop provide its leadership.</p>	<p><b>14.</b> Describe the four steps of Scouts BSA advancement</p>	<p><b>15.</b> Explain what a Scoutmaster Conference is and how you get one.</p>	<p><b>16.</b> Describe what the Scouts BSA ranks are and how they are earned.</p>	<p><b>17.</b> Describe what a merit badge is. What is needed to earn one.</p>	<p><b>18.</b> Explain the patrol method. Describe the types of patrols that are used in your troop.</p>	<p><b>19.</b> Explain how the patrol name, emblem, flag, and yell create patrol spirit.</p>
<p><b>20.</b> Demonstrate how to tie a square knot. Explain uses for it.</p>	<p><b>21.</b> Demonstrate how to two half-hitches. Explain uses for it.</p>	<p><b>22.</b> Demonstrate how to tie a taut-line hitch. Explain uses for it.</p>	<p><b>23.</b> Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.</p>	<p><b>24.</b> Demonstrate your knowledge of pocketknife safety.</p>	<p><b>25.</b> With your Guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent's Guide.</p>	<p><b>26.</b> Earn the Cyber Chip Award for your grade</p>
<p><b>27.</b> Repeat from memory the Pledge of Allegiance with scout salute.</p>	<p><b>28.</b> Repeat from memory the Scout Oath, &amp; Scout Law with Scout Sign.</p>	<p><b>29.</b> Repeat from memory the Scout motto, and Scout slogan.</p>	<p><b>30.</b> Repeat from memory the Outdoor Code.</p>			



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# 30 Day Tenderfoot Challenge

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





# 30 Day Second Class Challenge

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

<p><b>Be physically active at least 30 minutes each day for five days a week for four weeks.</b></p>	<p><b>Keep track of your activities.</b></p>	<p><b>1.</b> Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p><b>2.</b> Record fitness activities. Explain &amp; Show first-aid for: • Object in the eye • Bite of a warm-blooded animal</p>	<p><b>3.</b> Record fitness activities Explain &amp; Show first-aid for: • Puncture wounds from a splinter, nail, and fishhook</p>	<p><b>4.</b> Record fitness activities. Explain &amp; Show first-aid for: • Serious burns (partial thickness, or second-degree)</p>	<p><b>5.</b> Record fitness activities Explain &amp; Show first-aid for: • Heat exhaustion • Shock</p>
<p><b>6.</b> Explain &amp; Show first-aid for: • Heatstroke • Dehydration • Hypothermia • Hyperventilation</p>	<p><b>7.</b> Record fitness activities Show what to do for "hurry" cases of: • Stopped breathing • Stroke</p>	<p><b>8.</b> Record fitness activities Show what to do for "hurry" cases of: • Severe bleeding • Ingested poisoning</p>	<p><b>9.</b> Record fitness activities Explain how to prevent or reduce the occurrence of injuries or exposure of everything listed previously.</p>	<p><b>10.</b> Record fitness activities Explain what to do in case of accidents that require EMS response in the home &amp; backcountry.</p>	<p><b>11.</b> Record fitness activities Explain what constitutes an emergency &amp; what information you will need to provide to a responder.</p>	<p><b>12.</b> Tell how you should respond if you come upon the scene of a vehicular accident.</p>
<p><b>13.</b> 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.</p>	<p><b>14.</b> Record fitness activities Develop a written plan to earn the amount agreed upon and follow that plan.</p>	<p><b>15.</b> Record fitness activities Contact at least three locations, compare the cost of your chosen item, determine the best place to purchase it.</p>	<p><b>16.</b> Record fitness activities Discuss any changes made to your original plan and whether you met your goal.</p>	<p><b>17.</b> Record fitness activities Demonstrate a practical use of the sheet bend knot. Explain uses for it.</p>	<p><b>18.</b> Record fitness activities Demonstrate a practical use of the bowline knot. Explain uses for it.</p>	<p><b>19.</b> Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.</p>
<p><b>20.</b> Record fitness activities Using a compass and map together, take a 5-mile hike (or 10 miles by bike)</p>	<p><b>21.</b> Record fitness activities. Identify &amp; show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p><b>22.</b> Record fitness activities. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.</p>	<p><b>23.</b> Record fitness activities Demonstrate how to find directions during the day and at night without using a compass or an electronic device.</p>	<p><b>24.</b> Record fitness activities Describe bullying, tell what the appropriate response is to someone who is bullying you or another person.</p>	<p><b>25.</b> Share your fitness challenges and successes once completing 4 weeks. Explain the three R's of personal safety and protection.</p>	<p><b>26.</b> Explain how you have lived 1 of 4 points of the Scout Law _____. (Do not use the same ones from Tenderfoot)</p>
<p><b>27.</b> Explain how you have lived 2<sup>nd</sup> of 4 points of the Scout Law _____.</p>	<p><b>28.</b> Explain how you have lived 3<sup>rd</sup> of 4 points of the Scout Law _____.</p>	<p><b>29.</b> Explain how you have lived the 4th point of the Scout Law _____.</p>	<p><b>30.</b> Explain how you have done your Duty to God for this month.</p>			



# 30 Day First Class Challenge

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

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