Fitness Challenge

These cards are designed to help adults keep a record of Scouts' badges – they should not be used as a programme planning tool. To download more of these cards, visit clwydscouts.org.uk/resources

Name of Cub																				
To complete this Challenge, Cub Scouts should complete all of the following:																				
Show how they have done their best in a sport or activity over a two-week period. This can be something new or a sport/ activity they currently take part in																				
Show how they have improved their physical fitness over a two- week period. This might include examining what they eat and improving their diet, how much exercise they take, how much sleep they get and explain how they might continue to improve their fitness in the future																				
Try two new sports or physical activities at least once, for example, tennis, dance, basketball or Tai Chi																				
Completed (date)																				

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