Fitness Challenge

from www.clwydscouts.org.uk

	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout	Name of Cub Scout
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.																				