

# 2020 OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Round Table	2	3
4 District Hike	5	6	7	8	9	10
11	12 PaLs Meeting	13	14	15	16 Fall Camp Out	17 Fall Camp Out
18 Fall Camp Out	19	20	21	22	23	24
25	26	27 Monthly Pack Meeting	28	29	30	31

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**Stronger, Faster, Higher Requirement**  
**Webelos Book: 79 -89**  
**Leader's Book: 63 - 65**  
**Volunteer(s): [Open](#)**

- Meeting Plan: October 6<sup>th</sup>**  
**Topic: Stronger, Faster, Higher**
- Complete #2 (Fitness Chart)
  - **Homework:** Pick 3 measures and track for 30 days
- Meeting Plan: October 13<sup>th</sup>**  
**Topic: Stronger, Faster, Higher**
- #6 (Planning Fitness Fun Course)
  - #5 (Build Fitness Fun Course)
  - **Homework: #3 (Plan)**
- Meeting Plan: October 20<sup>th</sup>**  
**Topic: Stronger, Faster, Higher**
- Prepare Awards/Pack Meeting
- Meeting Plan: October 27<sup>th</sup>**
- Pack Meeting

# Stronger, Faster, Higher

## Requirement

- ▶ Complete requirements 1 - 3 and at least one other.
- 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down.
- 2. Do these activities and record your results: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.
- 3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days and write down your progress each week.
- 4. Try a new sport that you have never tried before.
- 5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting, and running. Time yourself going through the course and try to improve your time over a two-week period.
- 6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

