



Personal Fitness

Cub Scouts · Required · Arrow of Light rank

Name

Started

Completed

Personal Fitness helps you build healthy habits that last. You'll cook a camp meal, track your activity for two weeks, and play actively with friends. Seeing your own progress can be really motivating.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/personal-fitness/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Plan a balanced meal you'd eat while camping; cook it with the gear you'd use on a campout

Tip: Plan a meal with protein, grains, and fruits or veggies. Cook it on a camp stove with an adult.

Example: A camp meal on a camp stove: scrambled eggs with peppers, whole-grain tortillas, and orange slices. Or a one-pot pasta with chicken and broccoli. You help plan, pack, cook, and clean up.

- ☐ **2** Explore what being physically fit means and how it fits your life; track how often you're active 30+ minutes over 14 days; tell your family or patrol which parts you enjoyed and whether you're keeping the Scout Oath promise to be physically strong

Tip: Make a simple chart and check off each 30-minute active day. At the end, think about how you feel.

Example: Your chart might show: Monday soccer practice, Tuesday bike ride, Wednesday jump rope and push-ups, Thursday swim. After 14 days, write how you feel: more energy, better sleep, or stronger on hills.

- ☐ **3** Spend 30 minutes being active with a younger den, your patrol, or at least one other person, mixing stretching and moving

Tip: Play a game like capture the flag or a relay with your patrol. Stretch before and after.

Example: Play capture the flag or a relay race with your patrol for 30 minutes. Start with stretches like arm circles and toe touches, and cool down with slow walking and more stretches.

- ☐ **4** Go over your Annual Health and Medical Record with a parent or legal guardian and talk about which patrol and pack activities you're able to do as an Arrow of Light Scout

Tip: Look over your health form with a parent and talk about activities that are a good fit for you.