



Running with the Pack

Cub Scouts · Required · Wolf rank

Name

Started

Completed

Running with the Pack is about taking care of your body. You'll taste colorful foods, keep your teeth clean, move around, and learn to relax. Small healthy habits now help you feel great every day.

Requirements

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

- ☐ **1** Taste three foods that are naturally three different colors, each one a protein, vegetable, fruit, dairy food, or grain

Tip: Make a rainbow snack plate, like strawberries, carrots, and blueberries, and pick three to try.

Example: A rainbow tasting plate could have red bell pepper strips, orange cantaloupe, and green snap peas. Rate each one thumbs up, sideways, or down. Trying it counts, even if you don't love it.

- ☐ **2** Show the proper way to brush your teeth

Tip: Use a mirror and show a grown-up how you brush every tooth, front and back, for two minutes.

- ☐ **3** Spend 30 minutes being active, including both stretching and moving, with your den or one or more other people

Tip: Play tag or a relay with your den, and start with a few fun stretches.

Example: Your den could start with arm circles and toe touches, then play freeze tag, a relay race, and Simon Says with jumping moves until 30 minutes are up.

☐ **4** Spend 10 minutes doing personal exercises

Tip: Try jumping jacks, sit-ups, and hopping on one foot. Set a timer for 10 minutes.

☐ **5** Do a relaxing activity for 10 minutes

Tip: Try slow breathing, coloring, or listening to quiet music for 10 minutes.

Example: Ten calm minutes might be lying on the floor and breathing in while you count to four, then out while you count to four. Or color quietly while soft music plays.

☐ **6** With a parent or guardian, go over your Annual Health and Medical Record from Scouting America and talk about which den and pack activities you can take part in

Tip: Look at the form with a parent and talk about the fun activities you can do safely.

Example: Look at the form with your adult and talk it over. If it lists an allergy or asthma, talk about how you'll tell your den leader and what activities still work great for you.