



Stronger, Faster, Higher

Cub Scouts · Required · Webelos rank

Name

Started

Completed

Stronger, Faster, Higher is about taking care of your body. You'll cook a healthy meal, move and stretch with friends, and learn how to relax. Small healthy habits now can last your whole life.

Requirements

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

☐ **1** Plan, cook, and eat a balanced meal with your den or family

Tip: Plan a meal with a protein, a grain, and fruits or veggies. Help shop, cook, and set the table.

Example: A balanced meal could be chicken tacos with beans, lettuce, and tomato, plus fruit on the side. You help plan the list, measure ingredients, stir the beans, and set the table.

☐ **2** Spend 30 minutes being active with at least one other person or your den, mixing stretching and moving

Tip: Play tag, relay races, or a game of catch with your den. Start and end with a few stretches.

☐ **3** Do 15 minutes of exercise on your own that raises your heart rate, works your muscles, and builds flexibility

Tip: Mix jumping jacks for your heart, push-ups for your muscles, and toe touches for flexibility.

Example: Your 15 minutes might be 3 minutes of jumping jacks (heart), 3 rounds of push-ups and squats (muscles), and stretches like reaching for your toes and arm circles (flexibility).

☐ **4** Do something relaxing for 10 minutes

Tip: Try deep breathing, reading quietly, coloring, or listening to calm music for 10 minutes.

Example: Relaxing can look like lying down and breathing in for four counts and out for four counts, drawing, listening to calm music, or reading a favorite book for 10 minutes.

☐ **5** Go over your Annual Health and Medical Record with a parent or legal guardian and talk about your ability to take part in den and pack activities

Tip: Sit down with a parent to look at your health form and talk about which activities are a good fit for you.

Example: Your health form tells leaders what they need to know to keep you safe. Talk with your adult about anything on it, like allergies or asthma, and what that means for swimming, hiking, or camping.