



# 30 Day First Class Challenge

All activities must be approved by the Scoutmaster. Please remember to show your work (worksheets, pictures or video, etc.)

<b>Be physically active at least 30 minutes each day for five days a week for four weeks.</b>	<b>Keep track of your activities.</b>	<b>1.</b> Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.	<b>2.</b> Record fitness activities. Demonstrate bandages for: • Sprained ankle • Head Injuries	<b>3.</b> Record fitness activities Demonstrate bandages for: • Upper arm injuries • Collarbone injuries	<b>4.</b> Record fitness activities. With a partner, show how to: • Transport a person from a smoke-filled room.	<b>5.</b> Record fitness activities With a partner, show how to: • Transport a person with a sprained ankle at least 25 yards.
<b>6.</b> Explain the five most common symptoms of a heart attack.	<b>7.</b> Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	<b>8.</b> Record fitness activities List utility services in your home. Describe potential hazards with these utilities & how to respond in emergency situations.	<b>9.</b> Record fitness activities Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.	<b>10.</b> Record fitness activities Explain how to obtain potable water in an emergency.	<b>11.</b> Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.	<b>12.</b> Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.
<b>13.</b> Explain what, if anything, could be done by you or your community to address the concern.	<b>14.</b> Record fitness activities On an outing, take note of the trash and garbage you produce.	<b>15.</b> Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.	<b>16.</b> Record fitness activities Use a map & compass cover one mile & measure the height and/or width of designated items. (Orienteering Course)	<b>17.</b> Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system	<b>18.</b> Record fitness activities Using GPS find your location, select a destination, and plan your route there.	<b>19.</b> Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.
<b>20.</b> Record fitness activities Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses.	<b>21.</b> Record fitness activities. Use lashings to make a useful camp gadget or structure.	<b>22.</b> Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area.	<b>23.</b> Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.	<b>24.</b> Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.	<b>25.</b> Share your fitness challenges and successes once completing 4 weeks.	<b>26.</b> Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)
<b>27.</b> Explain how you have lived 2 <sup>nd</sup> of 4 points of the Scout Law_____.	<b>28.</b> Explain how you have lived 3 <sup>rd</sup> of 4 points of the Scout Law_____.	<b>29.</b> Explain how you have lived the 4th point of the Scout Law_____.	<b>30.</b> Explain how you have done your Duty to God for this month.			