**RANK ADVANCEMENT YOU CAN WORK ON AT HOME**

**Scout**

6a. With your parent or guardian, complete the exercises in the pamphlet "[How to Protect Your Children from Child Abuse: A Parent’s Guide.](https://filestore.scouting.org/filestore/pdf/100-015(18).pdf)"

Note: The pamphlet is either in the front of your Scout Handbook or can be reached by following the link. Other than the Scoutmaster conference, this is probably the last requirement these Scouts need.

Dixon

Hagan

Micah

**Tenderfoot**

6a. Record your best in the following tests:

• Pushups (Record the number done correctly in 60 seconds.)

• Situps or curl-ups (Record the number done correctly in 60 seconds.)

• Back-saver sit-and-reach (Record the distance stretched.)

• 1-mile walk/run (Record the time.)

6b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.

Note: A written list of activities is what your Scout should maintain to get this signed off.

6c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

• Pushups (Record the number done correctly in 60 seconds.)

• Situps or curl-ups (Record the number done correctly in 60 seconds.)

• Back-saver sit-and-reach (Record the distance stretched.)

• 1-mile walk/run (Record the time.)

Dixon

Ethan

Hagan

Micah

Owen

**Second Class**

7a. After completing Tenderfoot requirement 6c, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

Note: A written list of activities is what your Scout should maintain to get this signed off.

8c. With your parents or guardian, decide on an amount of money that you would like to earn, based on the cost of a specific item you would like to purchase. Develop a written plan to earn the amount agreed upon and follow that plan; it is acceptable to make changes to your plan along the way. Discuss any changes made to your original plan and whether you met your goal.

8d. At a minimum of three locations, compare the cost of the item for which you are saving to determine the best place to purchase it. After completing Second Class requirement 8c, decide if you will use the amount that you earned as originally intended, save all or part of it, or use it for another purpose.

Note: I would not advocate going out shopping right now. An alternative would be to look online at three different websites such as Amazon, Target, or Walmart.

Clay

Dixon

Ethan

Eugene

Gabriel

Hagan

Jay

Luke

Micah

Owen

**First Class**

8a. After completing Second Class requirement 7a, be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of your activities.

Note: A written list of activities is what your Scout should maintain to get this signed off.

Clay

Dixon

Ethan

Eugene

Gabriel

Hagan

Jay

Luke

Micah

Owen

**Star**

6. With your parent or guardian, complete the exercises in the pamphlet "[How to Protect Your Children from Child Abuse: A Parent’s Guide.](https://filestore.scouting.org/filestore/pdf/100-015(18).pdf)"

Note: The pamphlet is either in the front of your Scout Handbook or can be reached by following the link.

Anthony

Liam