



Stronger, Faster, Higher

Webelos Adventure Workbook



No one may add or subtract from the official requirements found in the *Cub Scout Webelos Handbook*. Requirements were revised in December 2016. This workbook was updated in September, 2018.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **checklist** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** should be sent to: Advancement.Team@Scouting.Org

Webelos Scout's Name: _____ Pack No. : _____

Source for requirements Cub Scout Webelos Handbook (#34754 - SKU 646430)

This adventure is required to earn the Webelos Badge.

Complete Requirements 1-3 and at least one other.

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1. Understand and explain why you should warm up before exercising and cool down afterward.

- Demonstrate the proper way to warm up and cool down.

2. Do these activities and record your results:

a. 20-yard dash _____

b. Vertical jump _____

c. Lifting a 5-pound weight _____

d. Push-ups _____

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e. Curls _____

f. Jumping rope _____

3. Make an exercise plan that includes at least three physical activities.

What is in your plan?

Carry out your plan for 30 days, and write down your progress each week.

Start Date: _____ **End Date:** _____

Progress after Week 1:

Progress after Week 2:

Progress after Week 3:

Progress after Week 4:

- 4. Try a new sport you have never tried before.

What Sport? _____

- 5. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running.

- Time yourself going through the course, and try to improve your time over a two-week period.

Initial Time through Course: _____

Time through Course after 1 week: _____

Time through Course after 2 weeks: _____

- 6. With adult guidance, lead younger Scouts in a fitness game or games.

When working on Cub Scout Advancements and awards, Cub Scouts, their parents, and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from <http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf>.

You can download a complete copy of the *Guide to Advancement* .from <http://www.scouting.org/filestore/pdf/33088.pdf>.