

Pretend that you started on August 1 (any start date is okay)

Aug 1 – Adult tests you, records the results, and e-mails them to me.

Aug 2-31 – Scout follows his plan and logs the results

Sep 1 – Adult tests you, records the results, and e-mails them to me.

Sep 2-30 – Scout follows his plan and logs the results

Oct 1 – Adult tests you, records the results, and e-mails them to me.

Oct 1-31 – Scout follows his plan and logs the results

Nov 1 – Adult tests you, records the results, and e-mails them to me.

Done.

Each of the monthly tests consist of:

1. How many sit-ups in 60 seconds.
2. How many pull-ups in 60 seconds.
3. How many push-ups in 60 seconds.
4. How many inches when doing a sit-and-reach. (measure inches)
zero = soles of shoes, plus = past soles, minus = not reached
5. How long to run/walk 1 mile.

