Tenderfoot Rank Exercise Record



- 6a. Record your best in the following tests
- 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
- 6c. Show improvement (of any degree) in the activities listed in requirement 6a after practicing for 30 days.

		= 1							
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
									1
									1
									1
									1
	11 21	11 12	11 12 13	11 12 13 14	11 12 13 14 15	11 12 13 14 15 16	11 12 13 14 15 16 17	11 12 13 14 15 16 17 18	11 12 13 14 15 16 17 18 19