



# 30-Day First Class Challenge

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

<p><b>Be physically active at least 30 minutes each day for five days a week for four weeks.</b></p>	<p><b>Keep track of your activities.</b></p>	<p><b>1.</b> Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day.</p>	<p><b>2.</b> Record fitness activities. Demonstrate bandages for:</p> <ul style="list-style-type: none"> <li>• Sprained ankle</li> <li>• Head Injuries</li> </ul>	<p><b>3.</b> Record fitness activities Demonstrate bandages for:</p> <ul style="list-style-type: none"> <li>• Upper arm injuries</li> <li>• Collarbone injuries</li> </ul>	<p><b>4.</b> Record fitness activities. With a partner, show how to:</p> <ul style="list-style-type: none"> <li>• Transport a person from a smoke-filled room.</li> </ul>	<p><b>5.</b> Record fitness activities With a partner, show how to:</p> <ul style="list-style-type: none"> <li>• Transport a person with a sprained ankle at least 25 yards.</li> </ul>
<p><b>6.</b> Explain the five most common symptoms of a heart attack.</p>	<p><b>7.</b> Record fitness activities Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).</p>	<p><b>8.</b> Record fitness activities List utility services in your home. Describe potential hazards with these utilities &amp; how to respond in emergency situations.</p>	<p><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.</p>	<p><b>10.</b> Record fitness activities Explain how to obtain potable water in an emergency.</p>	<p><b>11.</b> Record fitness activities Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.</p>	<p><b>12.</b> Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.</p>
<p><b>13.</b> Explain what, if anything, could be done by you or your community to address the concern.</p>	<p><b>14.</b> Record fitness activities On an outing, take note of the trash and garbage you produce.</p>	<p><b>15.</b> Record fitness activities 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.</p>	<p><b>16.</b> Record fitness activities Use a map &amp; compass cover one mile &amp; measure the height and/or width of designated items. (Orienteering Course)</p>	<p><b>17.</b> Record fitness activities Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system</p>	<p><b>18.</b> Record fitness activities Using GPS find your location, select a destination, and plan your route there.</p>	<p><b>19.</b> Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.</p>
<p><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.</p>	<p><b>21.</b> Record fitness activities. Use lashings to make a useful camp gadget or structure.</p>	<p><b>22.</b> Record fitness activities. Identify &amp; show evidence of at least 10 kinds of wild animals found in your local area.</p>	<p><b>23.</b> Record fitness activities Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events.</p>	<p><b>24.</b> Record fitness activities Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take.</p>	<p><b>25.</b> Share your fitness challenges and successes once completing 4 weeks.</p>	<p><b>26.</b> Explain how you have lived 1 of 4 points of the Scout Law_____. (Do not use the same ones from Tenderfoot)</p>
<p><b>27.</b> Explain how you have lived 2<sup>nd</sup> of 4 points of the Scout Law_____.</p>	<p><b>28.</b> Explain how you have lived 3<sup>rd</sup> of 4 points of the Scout Law_____.</p>	<p><b>29.</b> Explain how you have lived the 4th point of the Scout Law_____.</p>	<p><b>30.</b> Explain how you have done your Duty to God for this month.</p>			