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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

 Cub Scout’s Name: Pack No. :

**Source for requirements: Cub Scout Wolf Handbook (#34752 - SKU 646428)**

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| **This adventure is an elective adventure which can be used to earn the Wolf Badge.** |

**Complete at least Requirements 1-4. Requirements 5-7 are optional.**

**⬜ 1. Talk with your family or den about what it means to be physically fit.**

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**⬜ Share ideas of what you can do to stay in shape.**

**⬜ 2. With your family or den, talk about why it is important to stretch before and after exercising.**

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**⬜ Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.**

**⬜ 3. Select at least two physical fitness skills and practice them daily for two weeks.**

 **Skill 1:**

 **Skill 2:**

**⬜ See if you can improve during that time.**

 **Did you improve?**

**⬜ 4. With your family or your den, talk about what it means to be a member of a team.**

**⬜ Working together, make a list of team sports, and talk about how the team works together to be successful.**

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**⬜ Choose one and play for 30 minutes.**

**⬜ 5. With your den, develop an obstacle course that involves five different movements.**

**⬜ Run the course two times and see if your time improves.**

 **Time for the 1st run through the course:**

 **Time for the 2nd run through the course:**

 **Did you improve?**

**⬜ 6. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport.**

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**⬜ Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.**

**⬜ 7. Visit a sporting event with your family or your den.**

 **What was the event?**

 **Look for ways the team works together.**

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**⬜ Share your visit with your den.**

**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**](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**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**