



# Complete These **Before** Training

These requirements must be documented *before* attending



## ☆ PRE-REQUIREMENT



### Requirement 1 & 3: Foundation Knowledge

Review the Scout Oath, Scout Law, and the definitions of overall health. Review importance of Monitoring your health. Understanding of your Fitness Knowledge. Ability to discuss and review in class.

🕒 Complete before Dec 28th

## ☆ PRE-REQUIREMENT



### Requirement 4 & 5: Baseline Fitness

Scouts must independently run a timed 1-mile run/walk, record max push-ups/pull-ups in 60s, max sit-ups or plank time, and perform a standard sit-and-reach flexibility test before day one.

A complete 72-hour log of all food and liquid intake. Serves as the foundation for setting personalized nutrition goals.

🕒 Complete before Dec 28th

## ☆ PRE-REQUIREMENT



### Requirement 2b: Dental

A physical or digital copy of a statement from their dentist verifying that teeth have been checked and cared for recently must be uploaded to the virtual counselor.

🕒 Complete before Dec 28th

✓ Bring documentation of all three to Merit Badge!

