



Stronger, Faster, Higher

Webelos Adventure Workbook



One may add or subtract from the official requirements found in the *Cub Scout Webelos Handbook*

This workbook was updated in June, 2016.

WWW.COPTICSCOUTS.WEBBLY.COM

**FOR SCOUT MASTER USE ONLY
(DO NOT USE)**

REQUIRED ITEM	APPROVED BY	DATE APPROVED
FIRST ITEM (BEFORE AND AFTER EXERCISING)	_____	___/___/___
SECOND ITEM (PHYSICAL EXAM)	_____	___/___/___
THIRD ITEM (EXERCISE PLAN)	_____	___/___/___
FOURTH ITEM (GROUP EXERCISING)	_____	___/___/___
FIFTH ITEM (FITNESS)	_____	___/___/___
SIXTH ITEM (SPORT)	_____	___/___/___

Webelos Scout's Name: _____ Pack No. : _____

This adventure is required to earn the Webelos Badge.

Do all of these:

- 1. Understand and explain why you should warm up before exercising and cool down afterward.

- Demonstrate the proper way to warm up and cool down.

- 2. Do these activities and record your results:

a. 20-yard dash _____

Progress after Week 2:

Progress after Week 3:

Progress after Week 4:

- 4. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running.
- Time yourself going through the course, and improve your time over a two-week period.

Initial Time through Course: _____

Time through Course after 1 week: _____

Time through Course after 2 weeks: _____

- 5. With adult guidance, lead younger Scouts in a fitness game or games as a gathering activity for a pack or den meeting.**

- 6. Try a new sport you have never tried before.**

What Sport? _____

