

Personal Fitness

Required adventure • Personal Fitness

If you read nothing else

Two meetings with a 14-day tracking period in between. Start the tracking at the end of meeting 1 or it will not happen.

Requirement 1 is a camping meal cooked on camping gear — pair it with the Outdoor Adventurer campout and do both at once.

Requirement 2 asks the Scout to judge themselves against the Scout Oath. Handle that conversation with care.

The requirements

Official requirement text. Tick each one off as your Scouts complete it — the meeting plans below cover all of them.

- ☐ 1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.
- ☐ 2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
- ☐ 3. Be active for 30 minutes with your patrol, a younger den, or at least one other person in a way that includes both stretching and moving.
- ☐ 4. Review your Scouting America Annual Health and Medical Record with your parent or legal guardian. Discuss your ability to participate in Arrow of Light patrol and pack activities.

Meeting 1: Camp cooking and starting the 14 days

Goal: The patrol plans and cooks a balanced camping meal on camp gear, and every Scout leaves with a tracking sheet started.

Covers requirement 1, starts 2

Before the meeting

- Decide where. Outdoors is better — a park shelter, a backyard with two registered adults, or the campout itself.
- Bring real camp gear: stove and fuel, or charcoal and a dutch oven. The requirement says the gear you would use on a campout, so a kitchen oven does not satisfy it.

- Collect allergies and restrictions in writing a week ahead.
- Print 14-day tracking sheets.
- Adult handles fuel and lighting. Scouts do everything else.

Supplies

- Camp stove and fuel, or charcoal, chimney, and dutch oven
- Mess kits, pots, long tongs, spatula, hot pads
- Three-tub wash line and biodegradable soap
- Food thermometer and cooler
- Ingredients for the planned meal
- 14-day tracking sheets

Run of show

Time	What happens
10 min	Gathering: menu triage
5 min	Opening: Scout Oath, physically strong
15 min	Activity 1: plan the camping meal
35 min	Activity 2: cook it on camp gear
15 min	Activity 3: eat, clean, and start the 14 days
5 min	Closing

Gathering — Menu triage (10 min)

Cards with meal ideas. Sort into: works at camp, does not work at camp, works with changes. Ice cream sundaes, spaghetti, foil packet dinners, cereal with milk, walking tacos, pancakes.

The “works with changes” pile is the useful one. Cereal works if you bring shelf-stable milk. Spaghetti works but the drained water has to go somewhere.

Activity 1 — Plan the camping meal (15 min)

Patrol leader runs it. Balanced across MyPlate, cookable on the gear in front of them, within the constraints you name.

Reliable choices: foil packet dinners with chicken, potato, carrot and onion in the coals; a one-pot chili with cornbread in the dutch oven; walking tacos with a fruit and vegetable side.

Push them on the balance. A pot of chili is not a balanced meal until someone adds the fruit and the vegetable, and they should be the ones who notice.

Assign the duty roster now: cooks, fire, cleanup, water.

Activity 2 — Cook it on camp gear (35 min)

Hands washed first. Then the patrol cooks and you stand back.

Adult lights the stove or the charcoal and stays at the fire. Everything else is theirs — chopping, mixing, tending, temping, timing.

Camp cooking is slower than they expect and that is a lesson worth letting them have. Do not rescue the timeline.

Have the patrol leader check the internal temperature and announce it.

Activity 3 — Eat, clean, and start the tracking (15 min)

Eat together. Then run the three-tub wash line properly, because the next time they do it will be at camp in the dark.

Hand out the 14-day tracking sheets and start them tonight. Explain exactly what counts: any 30 minutes or more of being active. Practice, a bike ride, a hike, PE, swimming, shoveling snow, walking the dog, a scrimmage in the driveway. Not screen time, not a ten-minute walk.

Say the honest part out loud: this only works if you write it down the same day. Nobody can remember day four on day fourteen.

Put the return date on the sheet, on the calendar, and in the family email.

Send home with families

Track every day for 14 days. Mark whether your Scout was active for 30 minutes or more, and what they did. Sheet comes back at the next meeting.

Review the Annual Health and Medical Record together and talk about your Scout's ability to take part in patrol and pack activities, including the campout. Requirement 4.

Cook something on camp gear at home if you have it — the practice pays off at camp.

Meeting 2: Thirty minutes together, and an honest look at the fourteen days

Goal: The patrol is active together for 30 minutes with stretching, and each Scout reflects honestly on their tracking against the Scout Oath.

Covers requirements 2 and 3; collects 4

Before the meeting

- Book space with room to move.
- Ask a younger den if the patrol can lead their activity — requirement 3 explicitly allows it, and Arrow of Light Scouts leading Wolves is good for everyone.
- Collect tracking sheets at the door. Have spares for whoever lost theirs — let them reconstruct rather than fail.
- Confirm health form conversations happened.

Supplies

- Cones, balls, jump ropes

- Completed tracking sheets
- Whiteboard for the group tally
- Water for everyone

Run of show

Time	What happens
5 min	Gathering: tracking sheets in, tally on the board
5 min	Opening
30 min	Activity 1: warm up, play, cool down — patrol leads
20 min	Activity 2: the honest reflection
5 min	Closing

Activity 1 — Thirty minutes, patrol led (30 min)

The patrol leader plans and runs this block. Give them the structure and let them fill it:

- Five minutes dynamic warm-up and stretching.
- Twenty minutes of hard, inclusive play — no elimination games.
- Five minutes cool down with held stretches.

If you arranged for them to lead a younger den, this is where fifth graders discover that leading eight second graders is harder than it looks. Debrief that afterward — it is the most useful ten minutes of the meeting.

Requirement 3 asks for stretching and moving in the same block. Both halves count.

Activity 2 — The honest reflection (20 min)

Tally the patrol total on the board — days active across everyone, not ranked by Scout. Never compare Scouts to each other here.

Then the two questions requirement 2 actually asks:

- What did you enjoy? Which of these would you do even if nobody was tracking it?
- Do you feel you are living up to the part of the Scout Oath about keeping yourself physically strong?

The second one is a self-assessment and it belongs to the Scout. Your job is to make it safe to answer honestly. A Scout who says “no, not really” has completed the requirement better than one who says “yes” because that is the expected answer.

Say something like

Nobody is grading this. The Oath says keep myself physically strong — myself. So the only person who can answer this is you, and the only useful answer is the true one.

Close forward, not backward: what is one thing you will do next month? Write it on the sheet.

Watch your language throughout. Never mention weight or body size, never compare Scouts, never single out the Scout with the lowest number. If a Scout raises a concern about their own body or eating, listen, do not advise, and tell a parent privately.

Send home with families

Ask your Scout what they picked as their next-month goal and help them do it.

Health form conversation is due if it has not happened.

Leader notes

- Pair requirement 1 with the Outdoor Adventurer campout and you complete two adventures with one cooking session.
- The 14-day tracking is where this adventure fails. Send a reminder at day 3 and day 10, and hand out spare sheets without comment.
- Every Scout works at their own level. Modify anything. The requirement is participation, not performance.
- This is the second year running that Scouts examine their own fitness. Point back to Stronger, Faster, Higher — several will notice their answers have changed.

Safety

Before this adventure

Two registered adults with current Safeguarding Youth Training at every meeting, and a registered female adult 21 or over any time girls are present.

Health forms A and B on file before physical activity.

Water and real breaks. Watch for heat.

Adults handle fuel and lighting. Long tongs, hot pads, and a bucket of water at any fire.

Allergies collected in writing before any cooking, and the menu planned around them.

Tracking

Write each Scout in and tick the requirement number as it is completed. Report to your advancement chair once the row is full.

Scout	1	2	3	4

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