# 30 Day First Class Challenge

| Be physically active at least 30 minutes each day for five days a week for four weeks. | Keep track of your activities. | 1. Record fitness activities. Demonstrate Scout spirit by living the Scout Oath and Law for every day. | 2. Record fitness activities. Demonstrate bandages for:  
• Sprained ankle  
• Head injuries | 3. Record fitness activities. Demonstrate bandages for:  
• Sprained ankle  
• Upper arm injuries  
• Collarbone injuries | 4. Record fitness activities. With a partner, show how to:  
• Transport a person from a smoke-filled room. | 5. Record fitness activities. With a partner, show how to:  
• Transport a person with a sprained ankle at least 25 yards. |
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<td>6. Explain the five most common symptoms of a heart attack.</td>
<td>7. Record fitness activities. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).</td>
<td>8. Record fitness activities. List utility services in your home. Describe potential hazards with these utilities &amp; how to respond in emergency situations.</td>
<td>9. Record fitness activities. Develop an emergency action plan that includes what to do in case of fire, storm, power outage, and water outage.</td>
<td>10. Record fitness activities. Explain how to obtain portable water in an emergency.</td>
<td>11. Record fitness activities. Visit a selected individual approved by your leader the constitutional rights and obligations as a U.S. citizen.</td>
<td>12. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol or troop.</td>
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<td>13. Explain what, if anything, could be done by you or your community to address the concern.</td>
<td>14. Record fitness activities. On an outing, take note of the trash and garbage you produce.</td>
<td>15. Record fitness activities. 2nd outing decide how you can reduce, recycle, or repurpose what you take. Compare your results.</td>
<td>16. Record fitness activities. Use a map &amp; compass cover one mile &amp; measure the height and/or width of designated items. [Orienteering Course]</td>
<td>17. Record fitness activities. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system.</td>
<td>18. Record fitness activities. Using GPS find your location, select a destination, and plan your route there.</td>
<td>19. Explain when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch. Explain uses for it.</td>
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| 20. Record fitness activities. Demonstrate tying a square, shear, and diagonal lashings by joining two or more poles or staves together. Explain their uses. | 21. Record fitness activities. Use lashings to make a useful camp gadget or structure. | 22. Record fitness activities. Identify & show evidence of at least 10 kinds of wild animals found in your local area. | 23. Record fitness activities. Identify two ways to obtain a weather forecast. Explain why weather forecasts are important when planning events. | 24. Record fitness activities. Describe at three natural indicators of impending hazardous weather, the potential dangers and the actions to take. | 25. Share your fitness challenges and successes once completing 4 weeks. | 26. Explain how you have lived 2nd of 4 points of the Scout Law______.  
(Do not use the same ones from Tenderfoot) |
| 27. Explain how you have lived 3rd of 4 points of the Scout Law______. | 28. Explain how you have lived 4th point of the Scout Law______. | 29. Explain how you have done your Duty to God for this month. | 30. Explain how you have lived 4th point of the Scout Law______. | 31. Explain how you have done your Duty to God for this month. | 32. Explain how you have lived 4th point of the Scout Law______. | 33. Explain how you have done your Duty to God for this month. |