

WEBELOS DEN TRACKING SHEET

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Cast Iron Chef

1. At An Approved Time In An Outdoor Location & Using Tinder...																				
2. Set Personal Nutrition Goals. Keep A Food Journal For 1 Week...																				
3. Plan A Menu For A Balanced Meal For Your Den/Family. Determine...																				
4. Prepare A Balanced Meal For Your Den/Family; Utilize 1 Of The ...																				
5. Demonstrate An Understanding Of Food Safety Practices While...																				

Duty to God and You

Do Either Requirement 1 OR Requirement 2

1. Earn The Religious Emblem Of Your Faith For Webelos If You Have...																				
2. Complete At Least 3 Of Requirements 2a-2d.																				
a. Help Plan, Support, Or Actively Participate In A Service Of Worship...																				
b. Review w/ Your Family Or Den Members What You Learned ...																				
c. Discuss w/ Your Family, Family's Faith Leader Or Other Trusted...																				
d. List 1 Thing That Will Bring You Closer To Doing Your Duty To God...																				

First Responder

1. Explain What First Aid Is. Tell What You Should Do After An Accident.																				
2. Show What To Do For The Hurry Cases Of First Aid:																				
a. Serious Bleeding																				
b. Heart Attack Or Sudden Cardiac Arrest																				
c. Stopped Breathing																				
d. Stroke																				
e. Poisoning																				
3. Show How To Help A Choking Victim.																				
4. Show How To Treat For Shock.																				
5. Demonstrate That You Know How To Treat The Following:																				
a. Cuts & Scratches																				
b. Burns & Scalds																				
c. Sunburn																				
d. Blisters On The Hand & Foot																				
e. Tick Bites																				
f. Bites & Stings Of Other Insects																				
g. Venomous Snakebite																				
h. Nosebleed																				
i. Frostbite																				
6. Put Together A Simple Home First-Aid Kit. Explain What You Included.																				
7. Create & Practice An Emergency Readiness Plan For Your Home Or...																				
8. Visit With A First Responder.																				

Stronger, Faster, Higher

1. Understand & Explain Why You Should Warm Up Before Exercising...																				
2. Do The Following Activities & Record Your Results:																				

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Stronger, Faster, Higher (cont)

a. 20 Yard Dash																			
b. Vertical Jump																			
c. Lifting A 5 Pound Weight																			
d. Push-Ups																			
e. Curls																			
f. Jumping Rope																			
3. Make An Exercise Plan That Includes At Least 3 Physical Activities...																			
4. With Your Den, Prepare A Fitness Course Or Series Of Games That...																			
5. With Adult Guidance, Lead Younger Scouts In A Fitness Game Or...																			
6. Try A New Sport You Have Never Tried Before.																			

Webelos Walkabout

1. Create A Hike Plan.																			
2. Assemble A Hiking First-Aid Kit.																			
3. Describe & Identify From Photos Any Poisonous Plant & Dangerous...																			
4. Before Your Hike, Plan & Prepare A Nutritious Lunch. Enjoy It On ...																			
5. Recite The Outdoor Code & The Leave No Trace Principles For Kids...																			
6. With Your Webelos Den Or Family Member, Hike 3 Miles.																			
7. Complete A Service Project On Or Near The Hike Location.																			
8. Perform 1 Of The Following Leadership Roles During Your Hike ...																			