

Name \_\_\_\_\_

## **January Week 1**

### **Home Assignment – Wolf**

#### **Paws of Skill**

\_\_\_\_\_ 3. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.

Using the chart given at your den meeting today (Paws of Skill Chart), track your improvement on two of those physical fitness skills for two more weeks.

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Akela's OK

Date

**Return this paper to Cub Scout meeting after you have completed the assignments.**

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## **January Week 1**

### **Home Assignment – Webelos**

#### **Stronger, Faster, Higher**

\_\_\_\_\_ 3. Make an exercise plan that includes at least three activities. Carry out your plan for 30 days, and write down your progress each week

Using the chart given at your den meeting today (Stronger, Faster, Higher Chart), track your improvement on three of those physical fitness skills for three more weeks.

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Akela's OK

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