

Webelos Scouts

Athlete Activity Badge Progress Record: Requirements 4–9
Chart your progress over five weeks.

Name: _____



Week Activity	1 _/_/_	2 _/_/_	3 _/_/_	4 _/_/_	5 _/_/_
Minutes of stretching/ warm-up activities					
Curl-ups (number)					
Pull-ups (number)					
Push-ups (number)					
Standing long jump (distance)					
Quarter-mile walk or run (time)					
Vertical jump (height)					
50-yard dash (time)					
(Optional) One-mile bike ride (time)					
(Optional) Quarter-mile swim (time)					