



Spiritual

- _____ Take a class or be trained on how to serve the Holy Sacrifice of the Mass. All cadets should have a burning desire to serve Christ as an altar boy. Troops should sponsor classes for boys on how to reverently serve at the altar according to the rubrics of Holy Mother Church.
- _____ *Explain 3 activities that help you grow closer to God. Why?
- _____ *Pray every night for 30 days. Explained what you learned to your Captain or Lieutenant.

Physical

- _____ Plan a week of meals with the help of your parents.
- _____ Explain what a healthy balanced meal looks like.
- _____ Keep a record of your meals and snacks for seven days. Are you a healthy eater?
- _____ Explain to your family the dangers of drugs and how they would affect your ability to think clearly.
- _____ What would you do if someone offered you drugs? Talk about this with your parents and your patrol.

Patriotic

- _____ Organize and lead a flag ceremony for your Troop.
- _____ Learn the name of your president, local governor, and local mayor.
- _____ Learn the story behind your nation's national anthem.
- _____ How do you report a crime or accident? What number should you call?
- _____ Write a 1 page essay: Why is your nation important to you? Your Captain or Lieutenant should read it and give you feedback.

Family

- _____ Discuss family finances with a parent or guardian.
- _____ Learn about your family's food budget. With an adult, figure out how much it costs for each person in your home to eat one meal.
- _____ Explain the dangers of debt.

Manly Skills

- _____ Learn a card trick. Perform it successfully for your patrol.
- _____ Create a survival packet with things that you would need in a survival situation: string, batteries, flashlight, knife, cup, etc.
- _____ Learn how to make a fist and throw a punch. Discuss with your parents, officers, and patrol when fighting is allowed and not allowed.
- _____ With the help of an adult, use a power drill to drill holes in a board and insert and remove screws.
- _____ Learn how to identify different drill bits by size and style.
- _____ Make a model of a car, plane, building, outdoor landscape, etc.