



*Spiritual*

- \_\_\_\_\_ \*Recite the Angel of God prayer from memory and begin saying it every night before bed.
- \_\_\_\_\_ \*Explain in your own words to your Troop Captain the difference between Heaven, Hell, and Purgatory.
- \_\_\_\_\_ \*Explain in your own words to your Troop Captain how God is a Trinity of Divine Persons.
- \_\_\_\_\_ \*Lead a decade of the Rosary for your family or patrol. Announce the mystery, and then lead the Our Father, Hail Mary's, Glory Be, and O My Jesus.

*Physical*

- \_\_\_\_\_ Run 1 mile or 1.6 kilometers without stopping.
- \_\_\_\_\_ Do 20 consecutive push-ups. Keep training until you can do it.
- \_\_\_\_\_ Organize a push-ups competition in your neighborhood or with your patrol.
- \_\_\_\_\_ Organize a race in your neighborhood or with your patrol. Make rules so that it's fair and find out who can run the fastest of all. Congratulate him and be a good sport.

*Patriotic*

- \_\_\_\_\_ Discover if there are any saints from your nation or ethnicity. Learn his or her story and tell it to your family or patrol. Begin asking for the intercession of your national saints.
- \_\_\_\_\_ Name your state or nation's official bird, tree, and flower.
- \_\_\_\_\_ Describe your nation's flag. Are there any Christian symbols in it?

*Family*

- \_\_\_\_\_ Organize a family fun night. Choose the food, location, activities, and games.
- \_\_\_\_\_ Learn the names of your grandparents and great-grandparents if you can.
- \_\_\_\_\_ Go grocery shopping with a parent or other adult member of your family. Learn how to choose healthy fruits and vegetables.
- \_\_\_\_\_ Keep a record of how you spend money for 2 weeks.

*Manly Skills*

- \_\_\_\_\_ Write a Thank You Note for a gift you have received.
- \_\_\_\_\_ Carve a piece of wood into something interesting.
- \_\_\_\_\_ Change a tire on a bicycle or help change a car tire with an adult.
- \_\_\_\_\_ Learn how to coil a rope and a garden hose.