30 Day Scout Oath Challenge

On my honor, I will do my best. To do my duty. To God and my country and obey the Scout Law; to help other people at all times. **To keep myself physically strong, mentally awake, and morally straight.**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>HIKING</td>
<td>CUBMASTER</td>
<td>TROOP</td>
<td>TRUSTWORTHY</td>
<td>KIND</td>
<td>REVERENT</td>
<td>SALUTE</td>
<td>LEADER</td>
<td>HUNGRY</td>
<td>SCOUTMASTER</td>
<td>CLIMB</td>
<td>PREPARED</td>
<td>PACK</td>
<td>EAGLE</td>
<td>BRAVE</td>
<td>ENTHUSIASTIC</td>
<td>KLONDIKE</td>
<td>CLEAN</td>
<td>THRIFTY</td>
<td>KNOTS</td>
<td>ARROW OF LIGHT</td>
<td></td>
</tr>
<tr>
<td>QUALITY</td>
<td>KIND</td>
<td>FRIENDLY</td>
<td>ADVENTEROUS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Directions: Spell out each word by doing the exercise for each letter. Encourage your parents/guardians/siblings to do it with you! If you don't know the exercise you may google search what they are to get a demonstration. Enjoy!

A - 10 Jumping Jacks
B - 10 Sit-Ups
C - 8 Push-Ups
D - 15 Mountain Climbers
E - 10 Trunk Twists
F - 15 Second Wall Sit
G - 10 Squats
H - 10 Elbow to Knee Touches
I - 10 Scissor Jumps
J - 10 Burpees
K - 10 Arm Circles
L - 10 Walking Lunges
M - 15 Second Plank
N - 20 Sit-Ups
O - 30 Second Jog in Place
P - 10 Squat Jumps
Q - 10 Squats
R - 15 Jumping Jacks
S - 15 Elbow to Knee Touches
T - 8 Push-Ups
U - 15 High Knees
V - 10 Jump Lunges
W - 15 Second Plank
X - 10 Trunk Twist
Y - 15 Mountain Climbers