

I Completed the Following Requirements

On October 15, 1994 I recorded my best in the following tests:

Pushups: 20	Pullups: 1
Situps: 20	Standing long jump: 4ft. 0in.
Run/walk 500 yards: 2:10	

In October 1994 I presented myself to my leader, properly dressed, before going on an overnight camping trip. I presented the camping gear that I was going to use. I demonstrated the right way to pack and carry this gear.

In October 1994 I spent at least 1 night on a patrol or troop campout. I slept in a tent that I helped pitch on a ground bed that I prepared.

On November 14, 1994 I demonstrated how to display, raise, lower, and fold the American flag.

On November 14, 1994 I explained why we use the buddy system in Scouting.

On November 15, 1994 I demonstrated improvement in the activities listed above after practicing for 30 days. I recorded my best in the following tests:

Pushups: 28	Pullups: 2
Situps: 30	Standing long jump: 4ft. 4in.
Run/walk 500 yards: 2:01	

On November 15, 1994 I demonstrated the Heimlich maneuver and told when it is used.

In November 1994 I demonstrated how to whip and fuse the ends of a rope.

In November 1994 I repeated from memory and explained in my own words the Scout Oath, Law, motto, and slogan.

In November 1994 I knew my patrol name, gave the patrol yell, and described my patrol flag.

On July 7, 1995 I demonstrated tying two half hitches and a tautline hitch by using these knots to pitch a tent.

On July 7, 1995 I demonstrated the rules of safe hiking, both on the highway and cross-country, during the day and at night. I explained what to do if I were lost.

On August 15, 1995 I identified local poisonous plants; and told how to treat for exposure to them.

On August 15, 1995 I displayed first aid for the following:

- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns and scalds
- Bites and stings of insects and ticks
- Poisonous snakebite
- Nosebleed

On August 15, 1995 I participated in a Scoutmaster conference.

On September 15, 1995 I completed my board of review for the rank of Tenderfoot.

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On April 8, 1995 I identified or showed evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in my community.

On July 5, 1995 I prepared a personal first aid kit to take with me on a hike.

On July 7, 1995 I used a compass and a map I drew, to take a 5-mile hike (or 10 mile bike) approved by an adult leader and my parent or guardian.

On July 7, 1995, since joining, I had participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which including camping overnight.

On August 15, 1995 I used a knife, saw, and ax to prepare tinker, kindling, and fuel for a cooking fire.

On August 15, 1995 I Lit a cooking fire. I assisted with the meal preparation and cleanup.

On August 15, 1995 I, on one of these campouts, selected my patrol site and slept in a tent that I pitched.

On August 15, 1995 I participated in a flag ceremony for my school, religious institution, chartered organization, community, or troop activity.

On August 15, 1995 I participated in an approved (minimum of 1 hour) service project.

On August 15, 1995 I participated in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to my health. I discussed my participation in the program with my family.

On February 3, 1996 I showed what to do for "hurry" cases to stopped breathing, serious bleeding, and internal poisoning.

On February 20, 1996 I demonstrated how a compass works and how to orient a map. I explained what map symbols mean.

On December 14, 1996 I demonstrated first aid for the following:

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fish hook
- Serious burns
- Heat exhaustion
- Shock

On July 27, 1997 I told what precautions must be taken for a safe swim. I demonstrated my ability to swim 50 yards using two different strokes.

On October 11, 1997, on one campout, I demonstrated proper care, sharpening, and use of knife, saw, and ax.

On October 11, 1997 I showed Scout spirit. (note: GREAT JOB ON VIRGINIA TRIP)

On October 12, 1997 I participated in a Scoutmaster conference.

On December 18, 1997 I completed my board of review for the rank of Second Class.

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On August 15, 1995, since joining, I had participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.

On February 20, 1996 I demonstrated tying the bowline (rescue) knot and how it's used in rescues.

On March 30, 1996 I used a compass to complete an orienteering course that covered at least 1 mile and required measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.).

On July 5, 1996 I served as my patrol's cook on one campout. I prepared a breakfast, lunch, and dinner menu that required cooking; securing ingredients; supervising my assistants in fire building; and preparing the meals. I led my patrol in saying grace at the meals, and supervised cleanup.

On December 14, 1996 I identified or showed evidence of at least 10 kinds of native plants found in my community.

On June 3, 1997 I demonstrated bandages for injuries on the head, the upper arm, and collarbone, and for a sprained ankle.

On June 3, 1997 I showed how to transport by myself, and with one other person, a person:

- from a smoke-filled room
- with a broken leg, for at least 25 yards

On July 27, 1997 I demonstrated my ability to swim 100 yards using one resting stroke and two other strokes, and to float (rest) as motionless as possible for 1 minute.

On August 3, 1997 I visited and discussed with a selected individual approved by my leader (elected official, judge, attorney, civil servant, principal, teacher) my constitutional rights and obligations as a U.S. citizen.

On October 11, 1997 I demonstrated how to find directions during the day and at night without using a compass.

On October 11, 1997 I demonstrated tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.

On October 11, 1997 I used lashing to make a useful camp gadget.

On October 11, 1997 I told the five most common signs of a heart attack. I explained the steps (procedures) in cardiopulmonary resuscitation (CPR).

On October 12, 1997 I showed Scout spirit.

On October 12, 1997 I participated in a Scoutmaster conference.

On December 18, 1997 I completed my board of review for the rank of First Class.

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On March 18, 1995 I earned the atomic energy merit badge.

On July 7, 1995 I earned the sports merit badge.

On August 5, 1995 I earned the music merit badge.

On January 17, 1998 I was active in my troop and patrol for at least 4 months as a First Class Scout.

On July 5, 1998 I earned the camping merit badge.

On July 17, 1998 I earned the environmental science merit badge.

On July 17, 1998, while a First Class Scout, I took part in service projects totaling at least 6 hours of work. These projects were approved by my Scoutmaster.

On August 1, 1998 I earned the emergency preparedness merit badge.

On February 7, 1999 I showed scout spirit.

On February 7, 1999, while a First Class Scout, I actively served 4 months in one or more of the following positions of responsibility (or carry out a Scoutmaster-assigned leadership project to help the troop): patrol leader, senior patrol leader, assistant senior patrol leader, den chief, scribe, librarian, historian, quartermaster, bugler, chaplain aide, instructor, junior assistant Scoutmaster, or troop guide. (note: ASSIST. SENIOR PATROL LEADER)

On February 7, 1999 I took part in a Scoutmaster conference.

On February 16, 1999 I became a Star Scout.

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On an unknown date I earned the archery merit badge.

On an unknown date I earned the mammal study merit badge.

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On July 5, 1996 I earned the cooking merit badge.

On July 5, 1996 I earned the wilderness survival merit badge.