

# PHYSICAL FITNESS PATCH LEVEL 1

*Taking care of our bodies and minds*

**Level 1: Six (6) possibilities; One\* (1) activity is required; Two (2) activities are your choice. A total of Three (3) must be completed from the Six (6) choices.**

Number	Activity	Date	Adult Signature
*1	<b>Keep a food journal for two weeks and record everything you eat; evaluate your diet and decide how you can make healthier choices</b>		
2	Take a walk with your friends or family after dinner for one week		
3	Join the President's Challenge for Fitness at <a href="http://www.presidentschallenge.org">www.presidentschallenge.org</a>		
4	Help with household chores twice a week for month		
5	Participate in a physical activity (swimming, softball, etc.) and improve your skills		
6	Participate in a summer camp or church camp		

Name of Junior Member _____ Grade _____ Unit # _____ Department _____ Please mail Patches to (Department Junior Activities Chairman ONLY):   
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