



SCOUTStrong Healthy Unit Award Tracker WOLVES



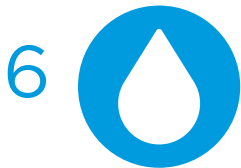
Track your progress toward becoming a SCOUTStrong Healthy Unit

Healthy Unit Activities



Serve fruit or vegetables at 3 meetings.

1	2	3
---	---	---



Serve water as the primary beverage at 6 meetings.

1	2	3	4	5	6
---	---	---	---	---	---

Extra activity:
Sugar Detectives
Find this activity at
www.scouting.org/scoutstronghealthyunit

--



Do 15 minutes of physical activity at 9 meetings.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

Physical activity is part of Wolf adventures

Paws on the Path and Running with the Pack



Has your unit completed the 3-6-9 requirements? Congratulations, you are a SCOUTStrong Healthy Unit!

Help Scouts learn healthy habits by continuing these practices at meetings throughout the year. You can lead a SCOUTStrong unit every year - find trackers for each rank at www.scouting.org/scoutstronghealthyunit