

Stronger, Faster, Higher (On Your Own)



Faster, Stronger, Higher is a required adventure. If a Scout missed the August 27 or September 14 Den Meetings, then he must complete these tasks **prior to December 1, 2025**. Scouts only have to do the tasks from the Den Meeting they missed.

Task to Complete if you missed the **August 27** Den Meeting:

1. *Read page 69 in the Webelos Handbook and then exercise for 15 minutes. The type of exercise you choose to do should be challenging enough to get your heart pumping and make your muscles “hurt” a little bit. **Please have your photo taken while you are exercising and sent it to me.**

*If you went on the 5 miles bike ride, then you do not have to do this task.

Task to Complete if you missed the **September 14** Den Meeting:

1. *Read page 67-68 in the Webelos Handbook and then do an activity that stretches and moves most of your body for 30 minutes. This can include walking, biking, playing Frisbee, or any activity that moves most of your body. It does not have to be challenging enough to get your heart pumping or make your muscles hurt. **Please have your photo taken while you are doing this activity and sent it to me.**

*If you went on the 2 mile walk, then you do not have to do this task.

Email or text all required photos to me at webelospack13@gmail.com or 702-339-2401.

There will be additional activities done at a future Den Meeting to complete this adventure.