



# Nana N. Rank Advancement Report



52.8% Complete

This scout still needs to complete the following items to earn their rank by the end of the scouting year:

## ***Bear Strong***

1. Sample food from three of the following food groups: protein, vegetables, fruits, dairy, and grains.
2. Be active for 30 minutes with your den or at least one other person that includes both stretching and moving.
3. Be active for 15 minutes doing personal exercises that include cardio, muscular strength, and flexibility.
4. Do a relaxing activity for 10 minutes.
5. Review your Scouting America Annual Health and Medical record with your parent or guardian. Discuss your ability to participate in den and pack activities.

## ***Fellowship***

2. With your family, attend a religious service OR other gathering that shows how your family expresses reverence.
3. Carry out an act of kindness.
4. With your parent or legal guardian identify a religion or faith that is different from your own. Determine two things that it has in common with your family's beliefs.

## ***Bear Habitat***

1. Prepare for a one-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.
2. Know Before You Go - Identify the location of your walk on a map and confirm your one-mile route.
3. Choose the Right Path - Learn about the path and surrounding area you will be walking on.
4. Trash your Trash - Make a plan for what you will do with your personal trash or trash you find along the trail.
5. Leave What You Find - Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.
6. Be Careful with Fire - Determine the fire danger rating along your path.
7. Respect Wildlife - From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.
8. Be Kind to Other Visitors - Identify what you need to do as a den to be kind to others on the path.

9. Go on your one-mile walk while practicing your Leave No Trace Principles for Kids.