



SCOUTStrong Healthy Unit Award Tracker TIGERS



Track your progress toward becoming a SCOUTStrong Healthy Unit

Healthy Unit Activities

Record the Meeting / Event / Outing Dates:

3  Serve fruit or vegetables at 3 meetings.

1	2	3
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A healthy snack is part of Tiger adventures *Games Tigers Play* and *Tiger Bites*



6  Serve water as the primary beverage at 6 meetings.

1	2	3	4	5	6
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Extra activity:
Sugar Detectives
Find this activity at
www.scouting.org/scoutstronghealthyunit

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9  Do 15 minutes of physical activity at 9 meetings.

1	2	3	4	5	6	7	8	9
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Physical activity is part of Tiger adventure *Games Tigers Play*



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