



RANGER KIDS ACHIEVEMENT AWARD

CLEAN BODY

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We ask that our members set a good example for the young men that they lead by honoring this license agreement.

Version 06/2010

CLEAN BODY

Earned during the Caribou quarter

Achievement Award Completion Date: _____

Commander's Signature: _____



Requirements

Physical: For one month, do the four things you listed under Mental.

As you do the four things you listed, circle each number in each day's box.

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Week 1	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4
Week 2	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4
Week 3	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4
Week 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4	1 3 2 4

Date Completed: _____

Parent / Commander Signature: _____

Spiritual: Read or have someone read John 13:1–17 to you.

Date Completed: _____

Parent / Commander Signature: _____

Mental: With the help of your parent or commander, list four ways you can keep your body clean.

1. _____

2. _____

Clean Body

Name



CLEAN BODY

Earned during the Caribou quarter

Mental: With the help of your parent or commander, list four ways you can keep your body clean. (continued)

3.

4.

Date Completed: _____ *Parent / Commander Signature:* _____

Social: Explain to the group why it is important to keep our bodies clean.

Date Completed: _____ *Parent / Commander Signature:* _____

Clean Body