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Please submit errors, omissions, comments or suggestions about this **checklist** to: Workbooks@USScouts.Org

Comments or suggestions for changes to the **requirements** should be sent to: Advancement.Team@Scouting.Org

 Cub Scout’s Name: Pack No. :

**Source for requirements: Cub Scout Wolf Handbook (#34752 - SKU 646428)**

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| **This adventure is required to earn the Wolf Badge.** |

**Complete the following Requirements.**

**⬜ 1. Play catch with someone in your den or family who is standing 5 steps away from you.**

**⬜ Play until you can throw and catch successfully at this distance.**

**⬜ Take a step back, and see if you can improve your throwing and catching ability.**

 **Were you able to improve? .**

**⬜ 2. Practice balancing as you walk forward, backward, and sideways.**

**⬜ Forward**

**⬜ Backward**

**⬜ Sideways**

**⬜ 3. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.**

**⬜ Front Roll**

**⬜ Back Roll**

**⬜ Frog Stand**

**⬜ 4. Play a sport or game with your den or family, and show good sportsmanship.**

 **What game or sport did you play?**

**⬜ and show good sportsmanship.**

**⬜ 5. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.**

**⬜ Frog Leap**

**⬜ Inchworm Walk**

**⬜ Kangaroo Hop**

**⬜ Crab Walk**

**⬜ 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your den or family.**

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**⬜ Make a shopping list of the food used to prepare the meal.**

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**When working on Cub Scout Advancements and awards, Cub Scouts, their parents, and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088).Important excerpts from that publication can be downloaded from** [**http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf**](http://usscouts.org/advance/docs/GTA-Excerpts-Cub.pdf)**.**

**You can download a complete copy of the *Guide to Advancement* .from** [**http://www.scouting.org/filestore/pdf/33088.pdf**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**