Tenderfoot 30 Day Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
Push-ups															
Pull-ups															
Sit-ups															
Standing Long Jump															
1/4 Mile Walk/Run															

	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
Push-ups															
Pull-ups															
Sit-ups															
Standing Long Jump															
1/4 Mile Walk/Run															