



# Chesapeake General Hospital Fitness Trail



at  
*A Place for Girls*  
in  
**The Outback**

Girl Scout Council of Colonial Coast  
**Patch Program**

## ACTIVITY CHECKLIST

Check each activity upon completion.

### ROPE CLIMB

Pull body up rope, hand over hand. Return to starting position.

- Novice 1 time
- Advanced 2 times

### HORIZONTAL LADDER

Progress from one end of apparatus to other, swinging from rung to rung.

- Novice 1 time
- Advanced 2 times

### SQUAT-STRETCH BENCH

Feet on beam, grip center post, bend knees until upper thighs are parallel to ground.

- Novice 5 times
- Advanced 10 times

### PUSH UPS

Progress from one end of apparatus to other, swinging from rung to rung.

- Novice 5 times
- Advanced 10 times

### FROG KICKS

Back down, hands behind head, pull knees toward chin, kick back to starting position.

- Novice 5 times
- Advanced 10 times

### CHINNING BAR

Pull up to chin level or to back of head. Return to starting position and repeat.

- Novice 3 times
- Advanced 6 times

### SCALING WALL

Grasp wall top, climb or rotate body over and return to standing position.

- Novice 1 time
- Advanced 2 times

### PARALLEL BARS

Hand walk on parallel bars with arms locked.

- Novice 1 time
- Advanced 3 times

### VERTICAL LADDER

Climb ladder to top, cross over and down to starting position.

- Novice 1 time
- Advanced 2 times

### BALANCE BEAM

Progress along entire length of beams, balancing on toes.

- Novice 2 times
- Advanced 3 times

Troop leader or individual girl's name \_\_\_\_\_

Troop Number \_\_\_\_\_

Circle One: D B J C S

Fitness Trail  
Completion Date \_\_\_\_\_

Adult or leader's signature \_\_\_\_\_

Level of patch: novice advanced

RETURN PATCH REQUEST FORM WITH CHECK PAYABLE TO:  
Girl Scout Council of Colonial Coast, A Place for Girls, 912 Cedar Road, Chesapeake, VA 23322

Please Print

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Girl Scout Council (if not Colonial Coast) \_\_\_\_\_

Number of Chesapeake General Hospital Fitness Trail Novice patches \_\_\_\_\_ x \$2 = \$ \_\_\_\_\_

Number of Chesapeake General Hospital Fitness Trail Advance patches \_\_\_\_\_ x \$2 = \$ \_\_\_\_\_

\*Postage & Handling + \$ \_\_\_\_\_

\* Postage & Handling: \$1.00 for up to 10 patches  
75¢ for each increment of 10 patches

TOTAL \$ \_\_\_\_\_



Combined Charities Campaign

# Chesapeake General Hospital Fitness Trail

## *A Place for Girls* in **THE OUTBACK**

### PURPOSE:

The ten fitness stations on the Chesapeake General Hospital Fitness Trail are designed to develop strength and endurance. Each station sign explains the activity with novice and advanced achievement levels.

### GUIDELINES:

1. Complete one activity checklist per participant.
2. Adult spotters must accompany girls at each activity station.
3. Earn your Fitness Trail patch by completing all fitness stations at either the novice or advanced level.
4. Girls may begin the trail at any point.
5. Run, walk, skip, and have fun going from station to station.
6. Complete the back of this brochure and turn it in to the council shop to purchase your patch.
7. If ordering patches by mail, complete the order form, and return it with completed activity checklist.

