

Scout Personal Challenge Record Booklet



This booklet belongs to:

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What is the Personal Challenge?

The Personal Challenge is one of 9 Challenge Badges you can achieve as a Scout. It is a vital badge to achieve in order to earn your Chief Scout Gold Award (the highest award a Scout can gain).

Whilst many of the other badges can be achieved during weekly Troop meetings, part of the Personal Challenge is designed to be completed at home. This booklet explains the requirements for the badge and will help you record your progress.

What do I need to do?

To complete the Personal Challenge you need to set yourself a goal and over a period of 4 weeks, work towards achieving this. During this period you should show commitment to the challenge and develop your skills.

The goal should be something that challenges you and requires you to work towards it over a period of time. Try not to make it too easy, but at the same time, pick something that with time and effort you could achieve. If you are able to complete your goal in under 3 weeks, set a new target and improve your skills further.

If you get to the end of the challenge and have not been able to achieve your goal, that's ok. Simply show what you can do in the given time.

At the end of the challenge explain how you have improved and what you have gained from attempting it. Ask an adult to also write their comments on the progress you've made. This could be someone such as your coach, teacher or parent.

What happens next?

Once you have decided on which activity you would like to do and the goal you want to try, fill in the 'My Challenge' section and bring the booklet to Scouts. Discuss your goal with your Leader and start to work towards your target.

Continue to fill in the booklet throughout your challenge. When the 4 weeks have finished, return the booklet to Scouts along with any photos, certificates, trophies that you would like to show.

Example activities and goals

Below are a selection of sample activities and goals. You can choose one of these or select one of your own:

Sport / Music:	Learn a technique or reach an award level.
Sponsored event:	Train for and complete a sponsored event.
Skill:	Learn or improve a skill/hobby
Overcome a fear:	Complete a series of activities to overcome a fear (e.g. heights, water, public speaking)

Note: This could be achieved alongside other activity badges. If you have already achieved the badge for your chosen activity, you should display further progress.

My Challenge

Chosen activity:

Goal:

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Why have you chosen this goal?

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At the start of the challenge I can

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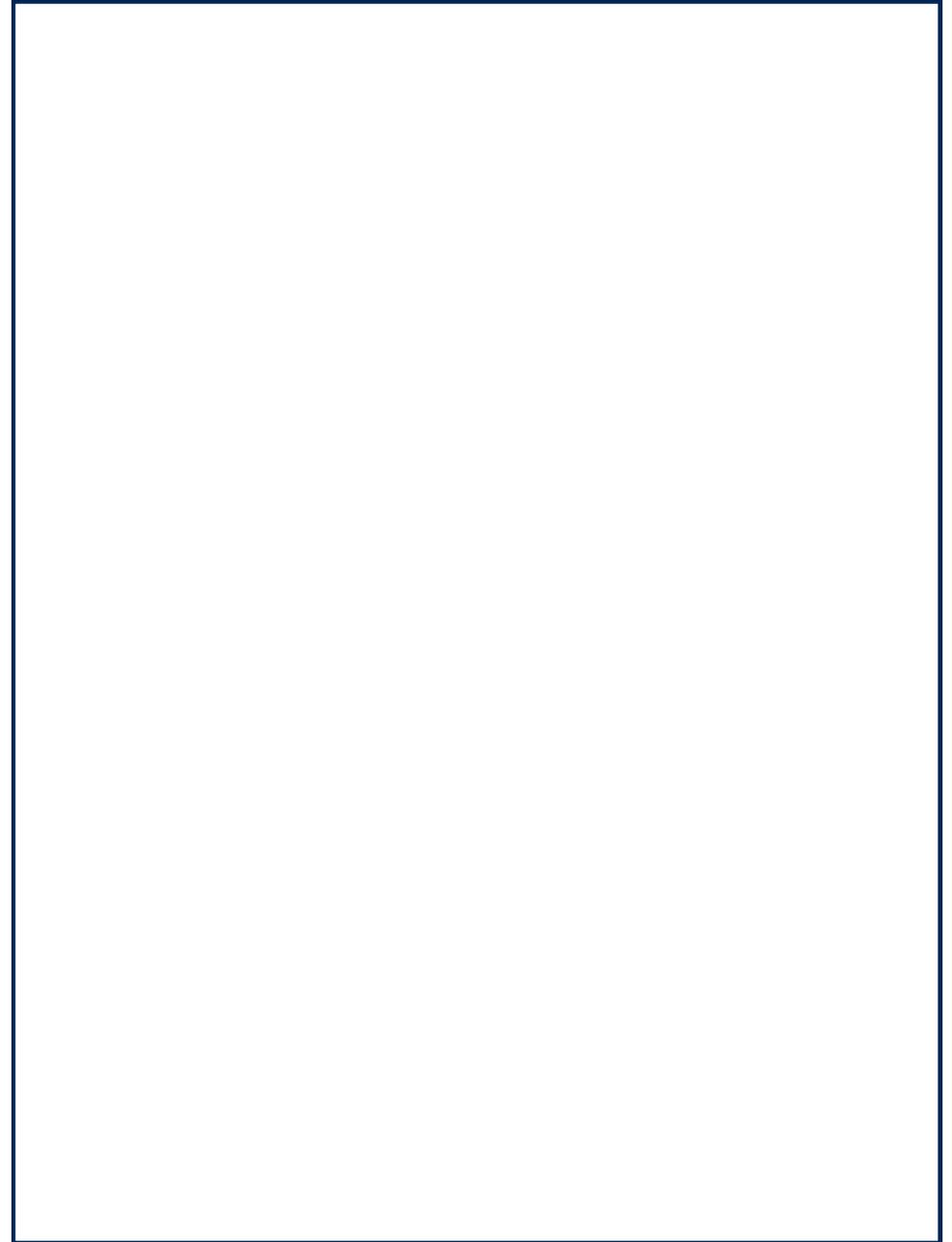
Week 1

Use the box below to note down the progress you made in **week 1** of your challenge.



Week 2

Use the box below to note down the progress you made in **week 2** of your challenge.



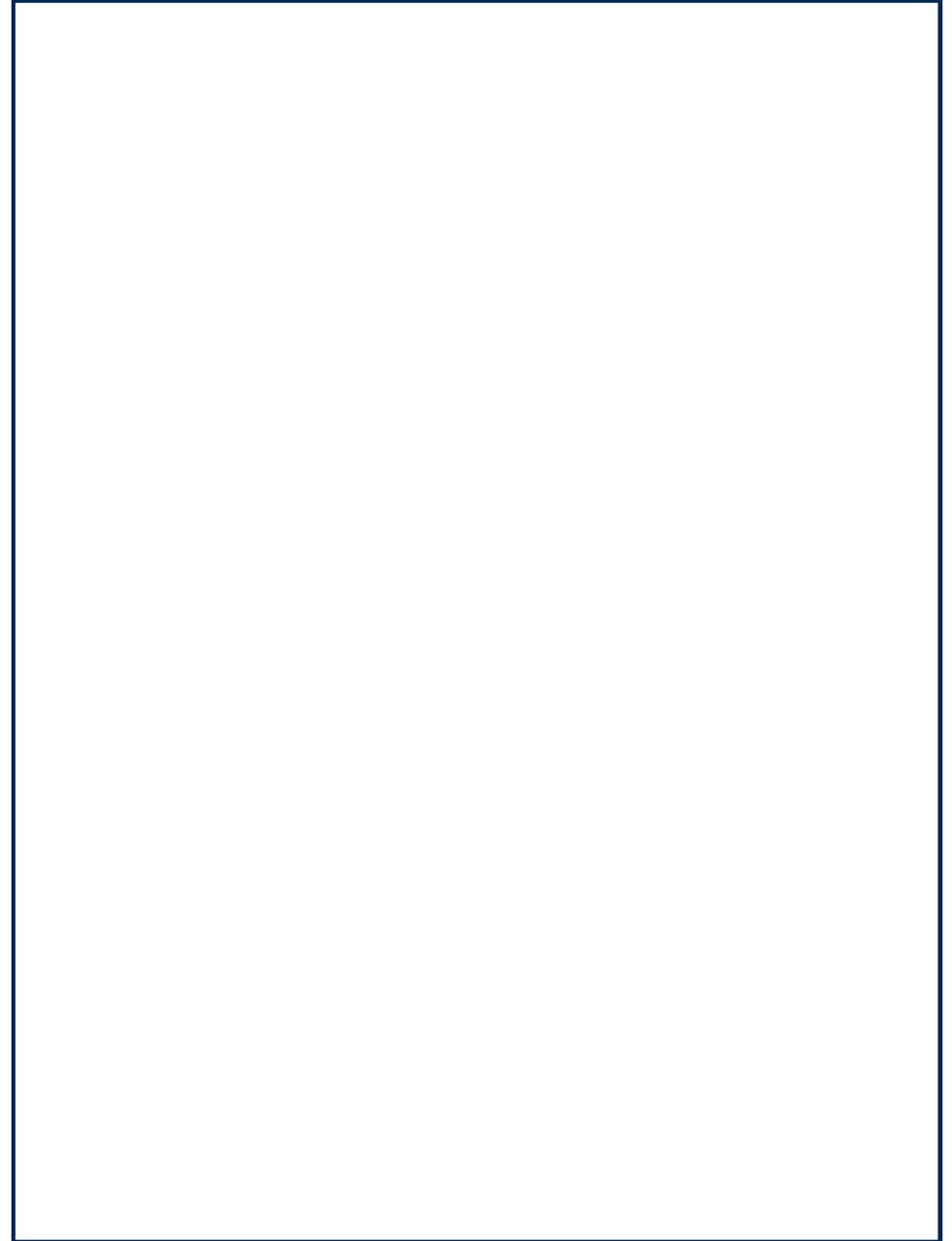
Week 3

Use the box below to note down the progress you made in **week 3** of your challenge.



Week 4

Use the box below to note down the progress you made in **week 4** of your challenge.



At the end of the challenge

How have you improved?

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What have you learnt?

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What was your favourite thing about the challenge?

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Do you have a new goal for your chosen activity?

If so, what is it?

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Adult's comments

Ask an adult to write about the progress you have made during your challenge. This could be your coach, teacher or parent. If necessary, attach a separate letter/page.

Name:

Role: