



Scouts BSA Roundtable Breakout Discussion

Adventure Ready Scouter

1. Why should we be honest about our health and physical fitness with ourselves and our primary care provider?
2. In the Scout Oath, we pledge alongside our Scouts, to do our best to be “physically strong.” While physical fitness looks different for every individual, why do you think it’s important we adult volunteers work on our own physical fitness?
3. What are some actions, you are comfortable sharing with the group, that you can personally choose to care for yourself and prepare yourself for adventure?

