**Advanced for Health and Fitness**

1. Complete Companion requirements.
2. Participate in a lifestyle fitness program for your age that requires a minimum of 60 minutes of activity or equivalent steps for six weeks, such as:
   - President's Challenge Active Lifestyle Program
   - Live Healthy Bermuda Kids
   - Or similar program
3. Participate in a lifestyle fitness program for your age that requires a minimum of 60 minutes of activity or equivalent steps for six weeks, such as:
   - Or similar program

**Nature Study**

1. a. Read pages 1-13 from the booklet A 6 Day Creation Week?
2. a. Keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things that were created on that day.
3. a. Collect and identify the leaves of 15 different trees and seven shrubs. OR Photograph and observe at least five different types of cacti.
4. a. Photograph and observe at least five different types of cacti.
5. a. Collect and identify the leaves of 15 different trees and seven shrubs.

**Advanced for Nature Study**

1. Complete Companion requirements.
2. Trees, Shrubs & Cacti
   - Collect and identify the leaves of 15 different trees and seven shrubs. OR Photograph and observe at least five different types of cacti.
3. Complete a nature honor not previously earned. (Skill level 1)

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Personal Growth

1. Be in Grade 6 or its equivalent.
2. Develop your daily devotional life by studying the Weekly Devotional Guide (weeks 14 – 26) and the book of Genesis utilizing printed or electronic study guide/resources.
   a. Journal your thoughts by asking these questions: *What did I learn about God?* *What did I learn about myself?* *How can I apply this to my life today?*
   b. Memorize the Pathfinder Pledge & Law.
   c. Memorize in order the names of the Old Testament books of the Bible and the five groups into which they are grouped.
   d. Demonstrate your ability to find any Old Testament book.

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1. In consultation with your leader, plan ways and find opportunities to spend at least two hours helping an elderly person.
2. Spend at least four hours participating in projects that benefit the church or school.
3. Participate in an outreach activity, and bring a non-club member to participate with you.

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Health and Fitness

1. Complete Companion requirements.
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