

Practice with Purpose

Tips Before Takeoff

- In this badge, you'll decide on a goal in step 1, make a plan to reach it in steps 2–4, and then put your plan into action for one month in step 5.
- If you're working on this badge with other Juniors, you could all choose goals in the same sport so you can work together. Every girl should pick her own skill that she wants to improve.
- If you know an Girl Scout Ambassador completing her Coaching badge, she needs to help a group of at least two girls practice for one month towards a sports goal. She might love to assist you with this badge!
- Keep a sports diary during this badge. It will help you track your progress and remember your purpose. You can write in it after each of your practices.

Possible Goals

- Swim a lap of freestyle faster than I can now
- Hit more forehand shots in bounds in tennis
- Be able to do 100 push-ups in a row
- Run a mile in less time
- Jump rope for 10 minutes straight
- Complete a downhill ski race in less time
- Perform two new gymnastics move
- Pitch a fastball
- Do three new yoga poses with ease
- Hit the ball more often when I'm at bat
- Make three baskets in a row from the free-throw line
- Score a goal in hockey two games in a row