

# ENDURANCE

SAINTS GLOBAL MEMBER

NAME: \_\_\_\_\_

BATTALION: \_\_\_\_\_

TROOP: \_\_\_\_\_

SKILL BADGE ADVISOR

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

## STEP 1 | DISCOVER

INITIALS

- a) Read 1 Corinthians 6:19–20 and Doctrine and Covenants 89:18–20, then explain how caring for your body relates to endurance and discipleship. (TLX: 0.8) \_\_\_\_\_
- b) Explain what physical endurance is and identify at least three activities that require sustained effort over time. (TLX: 1.0) \_\_\_\_\_

## STEP 2 | PLAN

INITIALS

- a) Assess your current endurance by completing a baseline effort (such as a timed run, hike, swim, bike, or bodyweight circuit) and identify one physical and one mental limiter. (TLX: 1.4) \_\_\_\_\_
- b) Create a personal endurance plan that includes frequency, intensity, recovery, hydration, and nutrition considerations for improvement. (TLX: 1.5) \_\_\_\_\_

## STEP 3 | ACT

INITIALS

- a) Complete a sustained endurance effort lasting at least 45 minutes (run, ruck, bike, swim, or equivalent), maintaining steady pacing and safe form throughout. (TLX: 2.0) \_\_\_\_\_
- b) Complete a second endurance effort on a different day that emphasizes a different modality or terrain, demonstrating pacing and recovery awareness. (TLX: 1.9) \_\_\_\_\_
- c) Perform a fatigue-based circuit (bodyweight or loaded) that challenges muscular endurance, demonstrating proper form under tired conditions. (TLX: 1.8) \_\_\_\_\_

- d) Demonstrate proper warm-up, cooldown, stretching, hydration, and post-effort recovery practices after an endurance activity. (TLX: 1.6) \_\_\_\_\_
- e) Lead or pace another Saint or small group during an endurance activity, adjusting speed and encouragement to help them finish safely. (TLX: 1.9) \_\_\_\_\_

## STEP 4 | REFLECT

INITIALS

- a) Explain what you learned about pacing, discomfort, and recovery from your endurance efforts, including one mistake and one improvement. (TLX: 1.2) \_\_\_\_\_
- b) Describe how developing endurance helps you better serve others and remain faithful when tasks are long or difficult. (TLX: 1.2) \_\_\_\_\_

## END OF REQUIREMENTS

**BY SIGNING BELOW, I CERTIFY TO THE BEST OF MY KNOWLEDGE THAT ALL REQUIREMENTS WERE MET AT OR ABOVE THE REQUIRED STANDARDS AS OUTLINED IN THE BADGE REQUIREMENTS CHECKLIST.**

\_\_\_\_\_  
SKILL BADGE ADVISOR

\_\_\_\_\_  
DATE (YYYY-MM-DD)