



PERSONAL GROWTH

I. INVOLVEMENT (Required)

- A. Be age 11 OR in grade 6, or its equivalent.
- B. Be an active member of the AJY Society OR Pathfinder Club.

II. COMMITMENT (Required)

- A. Repeat from memory the AJY/Pathfinder Pledge and Law.
- B. Read *The Happy Path*, if not previously read.

III. GROWTH (Required)

- A. Earn the Companion Reading Certificate OR the Junior Reading Certificate.★

SPIRITUAL DISCOVERY

I. SCRIPTURE (Required)

- A. Memorize a Bible text for each of the following subjects: prayer, doctrine, behavior, salvation, relationships, promises/praise, great passages.★
- B. Recite in order the names of the New Testament Books of the Bible and the four areas into which the books are grouped. Demonstrate your ability to find any given book.

II. CHURCH HERITAGE (Optional)

- A. With your parents read about the first vision of Ellen G. White. Discuss with them how God uses prophets to present His message to the church, OR fulfill other options in *Instructor's Manual*.★

III. CHRISTIAN HERITAGE (Optional)

- A. Participate in a skit on the childhood of Jesus, and role-play before an audience.

SERVING OTHERS

I. ONE TO ONE (Optional)

- A. Make a personal visit to an elderly member of your church and follow up with a thoughtful phone call, letter, or card expressing joy in meeting him/her.

II. GROUP WITNESS (Optional)

- A. Participate in an outreach activity, and bring a non-SDA friend to participate or observe.

III. COMMUNITY OUTREACH (Optional)

- A. With the help of 2 or 3 friends spend 6 hours working for your church, school, or community.

MAKING FRIENDS

I. BUILDING RELATIONSHIP (Optional)

- A. Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.

II. CHRISTIAN LIFESTYLE (Optional)

- A. Discuss and demonstrate respect for your parents/guardian and what they provide for you.

III. GOOD CITIZENSHIP (Optional)

- A. List 5 rules of flag courtesy and demonstrate how to fold the flag.

B. Study and report orally on your nationality and draw your family tree.★

HEALTH & FITNESS

I. HEALTH PRINCIPLES (Optional)

- A. List and discuss 5 foods in each area: high in sugar, high in salt, high in saturated animal fat.
- B. List and discuss 5 prominent family health problems, and discuss areas of prevention for each.

II. FIRST AID/SAFETY (Optional)

- A. Complete the Basic First Aid Honor.★
- B. Study and practice "Home Safety".★

III. FITNESS/EXERCISE (Optional)

- A. Discuss with a physical therapist or PE Teacher the differences between aerobic and non-aerobic exercise.
- B. Complete one of the fitness tests for your age:★
 1. President's Physical Fitness
 2. Canadian Fitness
 3. Health-Related Physical Fitness (for physically disabled)

Set goals and improve.

YOUTH ORGANIZATION

I. LEADERSHIP (Optional)

- A. Plan and lead a devotional service for your unit, club or Sabbath School.
- B. Help your unit plan a half-day or 10-mile (16 km) orienteering hike, and lead out in the activity.

II. CLUB AWARENESS (Optional)

- A. Discuss with your counselor your unit's involvement in the total Pathfinder Club program, OR for AJY Societies, invite a Pathfinder expert to speak to your group.★

III. PATHFINDER PROGRAMMING (Optional)

- A. Take part in and rate your club unit in four of the following:
 1. Induction
 2. Club meeting
 3. Pathfinder Sabbath
 4. Investiture service
 5. Quarterly scheduling
 6. Club campout
- B. Complete requirements 3 and 6 of the Drilling and Marching Honor.★

NATURE STUDY

I. SPIRITUAL LESSONS (Required)

- A. Review the story of creation, and 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.

II. NATURE APPRECIATION

- A. Animal Tracking
Make plaster casts of 3 different animal tracks.
- B. Trees, Shrubs and Cacti
Collect or obtain and identify the leaves of 15 different trees and 7 shrubs, OR photograph and observe at least 5 different types of cacti.

III. NATURE HONOR

- A. Complete a nature honor at your skill level, not previously earned.★

OUTDOOR LIVING

I. OUTDOOR SKILLS (Optional)

- A. Tie and know the practical use of 15 knots.
- B. Learn or review the safety rules for camping.★

II. OUTDOOR ACTIVITY (Optional)

- A. Earn Camping Skills #2 Honor.★

HONOR ENRICHMENT

I. ARTS & CRAFTS & HOBBIES HOUSEHOLD ARTS

- A. Complete one honor at your skill level, not previously earned, in the area of art craft, hobby, or household skills.★

II. RECREATIONAL/ VOCATIONAL/OUTDOOR INDUSTRIES

- A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoor industries.★
- B. Earn the Beginners Swimming Honor, if not previously earned.★

INSTRUCTOR CHECK-OFF LIST

PERSONAL GROWTH

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____

SPIRITUAL DISCOVERY

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____

SERVING OTHERS

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____

MAKING FRIENDS

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____
B. _____

HEALTH & FITNESS

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____
B. _____

YOUTH ORGANIZATION

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____
B. _____

NATURE STUDY

- I. A. _____
B. _____
- II. A. _____
B. _____
- III. A. _____
B. _____

OUTDOOR LIVING

- I. A. _____
B. _____
- II. A. _____
B. _____

HONOR ENRICHMENT

- I. A. _____
B. _____
- II. A. _____
B. _____