




## My Award and Badge Explorer

AWARD/BADGE	DESCRIPTION
 <p><b>Cross-Training</b></p> <p>Senior (Grades 9-10) Health Life Skills</p>	<p>Get the skills you need to customize a cross-training fitness program that's effective and fun.</p> <ol style="list-style-type: none"> <li>1. Set your cross-training goal</li> <li>2. Start a stretching and flexibility program</li> <li>3. Add a cardio element</li> <li>4. Add a toning or strengthening element</li> <li>5. Stay motivated to reach your goal</li> </ol> <p>When you've earned this badge, you'll have developed a great cross-training routine that keeps your workouts interesting and fun.</p> <p><a href="#">GET THIS BADGE</a></p>
 <p><b>Gold Award</b></p> <p>Senior (Grades 9-10) Highest Awards</p>	<p>The highest award you can earn as a Girl Scout Senior or Ambassador. By leading a team, research the root cause of a community issue and complete a project that addresses it with lasting impact.</p> <ol style="list-style-type: none"> <li>1. Identify an issue.</li> <li>2. Investigate it thoroughly</li> <li>3. Get help and build your team</li> <li>4. Create a plan</li> <li>5. Present your plan and gather feedback</li> <li>6. Take action</li> <li>7. Educate and inspire</li> </ol> <p>When you go for the Gold Award, you will know how to use your knowledge and leadership skills to make a difference in the world.</p> <p><a href="#">GET THIS BADGE</a></p>
 <p><b>Troupe Performer</b></p> <p>Senior (Grades 9-10) Life Skills Art</p>	<p>Find out what goes into putting on a show.</p> <ol style="list-style-type: none"> <li>1. Pick your performance style</li> <li>2. Find and develop material</li> <li>3. Rehearse!</li> <li>4. Launch your performance</li> <li>5. Put on your show</li> </ol> <p>When you've earned this badge, you'll know how to organize a team of people and put together a performance.</p> <p><a href="#">GET THIS BADGE</a></p>