

Personal Fitness

Merit Badge Workbook



This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor. You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers. If a requirement says that you must take an action using words such as "discuss", "show", "tell", "explain", "demonstrate", "identify", etc, that is what you must do.

Merit Badge Counselors may not require the use of this or any similar workbooks.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216 - SKU 653801). The requirements were last issued or revised in 2020 • This workbook was updated in April 2022.

Scout's	Scout's Name:				Unit:				
				Phone No.:	Email:				
	Co				http://www.MeritBadge.Org s about this workbook to: Workbooks@USScouts.Org se merit badge should be sent to: Merit.Badge@Scouting.Org				
Note:	does not have to be done if the Scout's parents and the			to be done if the Scout's parents and the pious convictions. The Scout's parents m	e is against the Scout's religious convictions, the requirement the proper religious advisors state in writing that to do so work the must also accept full responsibility for anything that might				
1.	Do	the f	ollowing	•					
	С							completing requirements 2 through 9, have you	your health-care practitioner give you a physical examination
			Explain	the following:					
			1.	Why physical exams are important					

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	Vhy preventive habits are important:					
Effect of tob	acco products, alcohol, and other harmful substances:					
Dispasos the	t can be prevented and how					
)13Ca3C3 III	t can be prevented and now					
Γhe <u>7 warni</u> ı	g signs of cancer:					
1.						
2.						
3.						
4.						
5.						
6.						
7.						
L						
L	k factors that affect cardiovascular fitness in adulthoo					

c b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth. 2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including: a. Reasons for being mentally, physically, socially, and spiritually fit b. What it means to be mentally healthy c. What it means to be physically healthy d. What it means to be socially healthy.

- With your counselor, answer and discuss the following questions:
 - a. Are you living in such a way that your risk of preventable diseases is minimized?

Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your

parent(s)/guardian(s)?

Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?

Nutrition:

Alcohol:

Tobacco:

Drugs:

Other practices:

What are the advantages to getting a full night's sleep?

Define a nutritious, balanced diet and why it is important.

Do you participate in a regular exercise program or recreational activities?

- What are you doing to demonstrate your duty to God?
- Do you spend quality time with your family and friends in social and recreational activities?
- Do you support family activities and efforts to maintain a good home life?

- 4. Explain the following about physical fitness:
 - a. The areas of physical fitness

a.	ıne	areas	OI	pny	/sicai	iitness

b.	Your weakest and	strongest area of	of nhysical fitness
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d.	How a program	like ScoutStrong	can lead to	lifelong healt	hful habit

e.	How the areas of personal fitness relate to the Scout Laws and Scout Oath

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5. Explain the following about nutrition:

a. The importance of good nutrition

Personal Fitness	Scout's Name:					
b.	What good nutrition means to you					
C.	How good nutrition is related to the other components of personal fitness					
-	3					
d.	How to maintain a healthy weight					
	The state of the s					
c 6. Before d	oing requirements 7 and 8, Do the following:					
	Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the P badge pamphlet. Record your results and identify those areas where you feel you need to					
	Aerobic Fitness Test Record your performance on ONE of the following tests:	Need to improve?				
	a. Run/walk as far as you can as fast as you can in nine minutes					
	b. Run/walk 1 mile as fast as you can					
	Flexibility Test					
	Sit and Reach - Using a sit-and-reach box constructed according to specifications in the <i>Personal Fitness</i> merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify. (Remember to keep your knees down.)					
	Strength Tests You must do the sit-ups exercise and one other (either push- You may also do all three for extra experience and benefit.	ups or pull-ups).				
	a. Sit-Ups Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the Personal Fitness merit badge pamphlet.					
	b. Pull-Ups Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the <i>Personal Fitness</i>					
	merit badge pamphlet.					
	c. Push-Ups Record the total number of push-ups completed correctly in 60 seconds.					

Be consistent with the procedures presented in the Personal Fitness

merit badge pamphlet.

b. Keep track of what you eat and drink for three days.

Day 1	Day 2	Day 3
_	-	
Identify three healthy eating goals you	want to work on.	

1. 2. 3.

7. Outline a comprehensive 12-week physical fitness program using the results of your physical fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge Pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.

Warm-up:	
Aerobic Exercises:	
Strength Exercises:	
Flexibility Exercises:	
Cool-Down:	

8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one.

FITNESS MEASUREMENTS

Test Results	Initial Results	12 Week Goals	Week 4	Week 8	Week 12	Change
Date						
9 Min. Run/walk -or-						
1 mi. Run/walk (time)						
Flexibility Reach (cm)						
Sit-ups in 60 sec						
Pull-ups in 60 sec -or-						
Push-ups in 60 sec						

Pull-ups in 60 sec -or- Push-ups in 60 sec iscuss how well you met y	your healthy ea	ting goals over the	hese 12 weeks.			
	your healthy ea	ting goals over the	hese 12 weeks.			
	your healthy ea	ting goals over the	hese 12 weeks.			
iscuss how well you met	your healthy ea	ting goals over the	hese 12 weeks.			
scuss the meaning and b	enefit of your e	xperience, and o	describe your lo	ng-term plans re	garding your pe	rsonal fitne
	-	,	<u> </u>			

Find out abo	out three career opportunities in personal fitness.	
1.		
2.		
3.		
Pick one and Profession	I find out the education, training, and experience required for this profession.	
Tiolession	I picked.	
Education		
Training		
Experience		
Discuss wha	t you learned with your counselor, and explain why this profession might interest you.	

Scout's Name:

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the Guide to Advancement (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.

Personal Fitness

Day	SAMPLE FITNESS PROFITNESS PROFITNESS PROFIT & Notes	Distance	Duration	<u>ge 1)</u> Repetitions	Heart Rate
Week 1					
Week 2					
VVEEK Z					
Week 3					
Week 4					
TOOK 1					

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
Neek 5					
leek 6					
leek 7					
leek 8		1			

)ay	SAMPLE FITNESS PR Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rat
Veek 9					
ek 10					
eek 11					
eck II					
eek 12		·	·		