



PERSONAL FITNESS MERIT BADGE

NAME _____

1 PHYSICAL EXAMINATION Date _____ Doctor _____ Attach BSA Form

Briefly describe the physical exam (what was done, checked etc..)

What questions did the doctor ask of you?

What specific recommendations did the doctor make? What have you done or plan to do about them?

Why are physical exams important?

Why are preventative habits important to maintaining your good health?

What preventative habits do you follow?

What diseases can be easily prevented? How?

What are the seven early warning signs of cancer?

1b DENTAL EXAM Date _____ Doctor _____ Attach Form or statement

Describe your dental exam. What was done? How often do you go to the dentist?

How do you care for your teeth (what do you do and how often do you do it?)



2 MEANING OF PERSONAL FITNESS

What does "personal fitness" mean to you?

What are the components / parts of being personally fit?

Why should you be fit in all of these components / parts?

What does it mean to be mentally healthy?

What does it mean to be physically healthy and fit?

What does it mean to be socially healthy? What are some healthy social traits?

What can you do to prevent social, emotional, or mental problems?

3 COMPLETE THE PERSONAL FITNESS EVALUATION

(from Merit Badge Book)

Parent Init _____

List several signs of poor personal fitness.

Describe your own activity in the eight areas listed in the merit badge pamphlet.



4 HEALTHY LIFESTYLE

Are you free from all curable diseases? How are you living so that your risk of curable diseases is minimized?

Are you current on your immunizations and vaccinations?

What is the meaning of a nutritious diet? Why is it important for you? Describe the foods you eat from all food groups.

Is your body weight and composition what you would like it to be? What do you feel is a healthy body image?

Describe how you would safely modify your body composition and weight through diet, exercise, and nutrition.

Do you carry out daily activities / chores without noticeable effort or exertion? Do you have the energy you feel you need for other activities?

Are you free from poor eating habits, the use of alcohol, tobacco, drugs, and other practices harmful to your health?

What regular activities, exercise program, or recreation activities do you participate in?

Do you sleep well? Do you wake up feeling truly refreshed and ready for the next day or do you wake up still feeling groggy or fatigued?



How do you spend quality time with your family and friends in social and recreational activities?

How do you support your family efforts to maintain a good home life?

5 COMPONENTS OF PHYSICAL FITNESS

What are the components of physical fitness?

What is your strongest component?

What is your weakest component?

Why is it important to maintain a balance between all the components of physical fitness?

What aspects of the Scout Law and Scout Oath do these components relate to? How?

6 COMPONENTS OF PHYSICAL FITNESS

Why is good nutrition important?

What does good nutrition mean to you?

How is nutrition related to other components of personal fitness?



What are the three components of a good weight (fat) control program?

7 INITIAL PHYSICAL FITNESS TEST

(a) Aerobic Endurance Test

Test Used	<input type="checkbox"/> 9 minute run / walk	_____ Distance	Date	_____
	<input type="checkbox"/> 12 minute run / walk	_____ Distance	Initials	_____
	<input type="checkbox"/> 1 mile run / walk	_____ Time	% group	_____
	<input type="checkbox"/> 1.5 mile run / walk	_____ Time		

(b) Flexibility Test

Sit and reach test	_____ Distance of reach	Date	_____
		Initials	_____
		% group	_____

(c) Muscular Strength Test

Time sit-ups	_____ Number of situps in 60 seconds	Date	_____
		Initials	_____
		% group	_____

(d) Using the criteria in the Personal Fitness Merit Badge Pamphlet, test in the 50th percentile group or better either at the initial test or at the end of your four week personal fitness program.

(a) Aerobic / Cardiovascular Endurance	_____ Percentile	_____ Date	_____ Init
(b) Flexibility	_____ Percentile	_____ Date	_____ Init
(c) Strength	_____ Percentile	_____ Date	_____ Init

8 PHYSICAL FITNESS PLAN

Using the guidelines in chapter 8 of the Personal Fitness Merit Badge Pamphlet, outline a four week physical fitness program. Have the program approved by your parents or Scoutmaster. Specifically target aerobic endurance, upper body strength, and flexibility in lower back and legs.

(a) Complete Requirement 1 of this merit badge	_____ Date	_____ Init
(b) Complete the initial test in requirement 7 above	_____ Date	_____ Init
(c) Record the results and percentile rankings on a chart Attach the chart to these pages as a record.	_____ Date	_____ Init
(d) List what exercises you want or need to do, the amount of time needed, and the equipment needed.		



PERSONAL FITNESS MERIT BADGE (6)

NAME _____

(e) If muscular strength exercises are required, determine how many _____ Push-ups
push ups and pull ups you can do initially. _____ Pull-ups

(f,g) Use the guidelines in the merit badge pamphlet to determine the frequency, intensity, and duration of the the exercises you need to do over the next four weeks. Write out and attach a formal exercise plan for each day of the week. Have it approved by your parents or Scoutmaster.

_____ Date _____ Init

(h) Retest yourself after two weeks of exercising. Also retest the number of push-ups and pull-ups. Record your results and graph the percentile rankings on the records you created for (c).

_____ Date _____ Init

(i) Retest yourselft at four weeks, record the results, and graph the percentile ranking.

_____ Date _____ Init

9 CARRY OUT PLAN

Carry out the physical fitness plan you developed in requirement 7. Keep a log of your exercises and activities. Attach the log to this record sheet. For each exercise, record what you did, how long, how far etc..

_____ Date _____ Init

Did you notice any improvements? If so, in what areas?

Describe your experience over the past four weeks? Do you feel different? If so, how?

10 FUTURE

Describe your long term plans for maintaining your personal fitness.