

Physical Fitness Merit Badge Worksheet



Requirement 1

Submit evidence of your general medical examination done within the year.

Conditions found by your physician and how it is or will be corrected.

1. _____ Corrective Measure _____
2. _____ Corrective Measure _____
3. _____ Corrective Measure _____

Requirement 2

Have a dental examination.

How do you care for your teeth?

Tell about your daily health habits.

How do you care for the following:

Skin _____

Hands _____

Fingernails _____

Toenails _____

Eyes _____

Ears _____

Nose _____

Requirement 3

Explain how disease is spread by the following:

Drinking Water _____

Common Drinking Cups _____

Dirty Dishes _____

Soiled Bath Towels _____

Scout Name _____ Unit # _____ Date _____

Unpasteurized Milk _____

Personal Contact _____

List the essential food for the daily diet of a person your age.

Why should you observe good eating habits?

List disease which you may be immunized or protected.

How can the use of the following be harmful to you?

Alcoholic Drink _____

Tobacco Product _____

Illegal Drugs _____

The value of clean moral habit to general health.

Requirement 5

Record your best score for the following:

Push-Ups	Jump-Reach	Run-Walks	Sit-Ups

Set a goal to reach during the next 30 days (consult your counselor in setting your goal)

Push-Ups	Jump-Reach	Run-Walks	Sit-Ups

Perform daily exercise and keep a record for 30 days (next page) or until your goals are met.

Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups	Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups
1					16				
2					17				
3					18				
4					19				
5					20				
6					21				
7					22				
8					23				
9					24				
10					25				
11					26				
12					27				
13					28				
14					29				
15					30				

Requirement 6

Physical fitness test. Earn a minimum 200 points out of five or less events.

SWIMMING EVENTS (Maximum 50 Points)	Performance (P)	Points	
15 meters speed swim (record performance: time in seconds) 5 points for each second faster than 25 seconds			
Distance swim (record performance: distance) 50 points for swimming 500 meters 25 points for swimming 250 meters			
TOTAL POINTS			Max. 50 Points

ARM STRENGTH EVENTS (Maximum 50 Points)	Performance (P)	Points	
Pull-Ups (record performance: number of repetitions) 10 points for each pull-up			
Push-Ups (record performance: number of repetitions) 2 points for each push-up			
Archery (record performance: number of bulls-eye) 5 points for each bulls-eye			
TOTAL POINTS			Max. 50 Points

ABDOMINAL POWER (Maximum 50 Points)	Performance	Points	
Bent-Knee Sit-Ups (record performance: number of repetitions) 1 point for each sit up			Max. 50 Points

SPEED RUNNING (Maximum 50 Points)	Performance	Points	
50-Yard Dash (record performance: time in 1/10 of a second) 2 points for each 1/10 of a second faster than 11 seconds			Max. 50 Points
40-Yard Shuttle Run (record performance: time in 1/10 of a second) 2 points for each 1/10 of a second faster than 15 seconds			
TOTAL POINTS			

ENDURANCE RUNNING or WALKING (Maximum 50 Points)	Performance	Points	
600-Yard Run-Walk (record performance: time in seconds) 1 point for each second faster than 3 minutes and 30 seconds			Max. 50 Points
1-Kilometer Walk (record performance: time in minutes) 10 points for each minute faster than 20 minutes			
TOTAL POINTS			

JUMPING (Maximum 50 Points)	Performance	Points	
Standing Long Jump (record performance: distance in inch) 5 points for each inch over 4 feet			Max. 50 Points
Vertical Jump and Reach (record performance: height in inch) 5 points for each inch over 7 inches			
TOTAL POINTS			

BODY COORDINATION (Maximum 50 Points)	Performance	Points	
Basketball Throw (record performance: distance in feet) 2 points for each feet over 30 feet			Max. 50 Points
Softball Throw (record performance: distance in feet) 1 point for each foot over 70 feet			
Archery (record performance: number of bulls-eye) 5 points for each bulls-eye			
TOTAL POINTS			

GRAND TOTAL (No More than Five Events)		
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Requirement 7

Explain in a discussion with your counselor how a Scout can serve others by being physically fit.