



Personal Fitness

Merit Badge Worksheet

2008 Rev. Created
by Craig Long 2010

Scouts Name _____

Date _____

Counselor's Name _____

Counselor's Phone # _____

Complete

1. Do the following:

a. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout medical examination form. Describe the examination. Tell what questions the doctor asked about your health. Tell what health or medical recommendations the doctor made and report what you have done in response to the recommendations. _____

Explain the following:

1. Why physical exams are important _____
2. Why preventative habits are important in maintaining good health. _____

3. Diseases that can be prevented and how. _____

4. The seven warning signs of cancer. _____

5. The youth risk factors that affect cardiovascular fitness in adulthood. _____

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. _____

Complete

2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- a. Components of personal fitness _____

b. Reasons for being fit in all components. _____

c. What it means to be mentally healthy _____

d. What it means to be physically healthy and fit. _____

e. What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness. _____

f. What you can do to prevent social, emotional, or mental problems. _____

Complete

3. With your counselor answer and discuss the following questions:

a. Are you free from all curable diseases? _____ Are you living in such a way that your risk of preventable diseases is minimized? _____

b. Are you immunized and vaccinated according to the advice of your health-care provider? _____

c. Do you understand the meaning of a nutritious diet and know why it is important for you? _____ Does your diet include foods from all food groups? _____

d. Are your body weight and composition what you would like them to be? _____ Do you know how to modify them safely through exercise, diet, and behavior modification? _____

e. Do you carry out daily activities without noticeable effort? _____

Do you have extra energy for other activities? _____

f. 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? _____

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

h. Do you sleep well at night and wake up feeling refreshed and energized for the new day? _____

i. Are you actively involved in the religious organization of your choice, and do you participate in its youth activities? _____

j. Do you spend quality time with your family and friends in social and recreational activities? _____

k. Do you support family activities and efforts to maintain a good home life? _____

Complete

4. Explain the following about physical fitness:

a. The components of physical fitness _____

b. Your weakest and strongest component of physical fitness _____

c. The need to have a balance in all four components of physical fitness. _____

d. How the components of personal fitness relate to the Scout Law and Scout Oath. _____

Complete

5. Explain the following about nutrition:

- a. The importance of good nutrition _____
- b. What good nutrition means to you _____
- c. How good nutrition is related to the other components of personal fitness _____

d. The three components of a sound weight (fat) control program. _____

Complete

6. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.

Aerobic Fitness	Need Improvement?
9 minute run/walk	
or 1 mile run	
Flexibility	
Sit and Reach 4 repetitions	
Strength Test	
Sit Ups in 60 seconds Knees bent, arms crossed, feet flat on floor	
Push Ups in 60 seconds Shoulders, hips legs straight	
Pull Ups in 60 seconds Arms forward, chin over bar	
Body Composition Test	
Right Arm Circumference	
Shoulder Circumference	
Chest Circumference	
Abdomen Circumference	
Right Thigh Circumference	

If possible, have the same person take the measurements whenever you are ready to be remeasured to chart your progress.

Complete

7. Outline a comprehensive 12-week physical fitness program using the results of your 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: Explain what you did _____

Aerobic Exercises: Explain what you did _____

Strength Exercises: Explain what you did _____

Flexibility Exercises: Explain what you did _____

Cool Down: Explain what you did _____

Complete

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.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all four tests, record your results, and show improvement in each one. Compare and analyze your preprogram and postprogram body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

Fitness	Initial	Goals	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Improved ?
Date									
9 min walk/run									
1 mile									
Flexability Reach									
Sit Ups									
Push Ups									
Pull Ups									

Body Composition	Initial Results	Week 8	Improvement	Compare
Right Arm Circumference				
Shoulder Circumference				
Chest Circumference				
Abdomen Circumference				
Right Thigh Circumference				

Complete

9. Find out about three career opportunities in personal fitness

- 1. _____
- 2. _____
- 3. _____

Pick one and find out the education, training, and experience required for these professions _____

Discuss what you learned, and explain why this profession might interest you. ____
