

# 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 June 2020.

Scout's Name:_____ Unit: _____

Counselor's Name: _____ Phone No.:_____ Email: _____

http://www.USScouts.Org • http://www.MeritBadge.Org

Please submit errors, omissions, comments or suggestions about this **workbook** to: Workbooks@USScouts.Org
Comments or suggestions for changes to the **requirements** for the **merit badge** should be sent to: Merit.Badge@Scouting.Org

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***Note:*** ***If meeting any of the requirements for this merit badge is against the Scout's religious convictions, the requirement does not have to be done if the Scout's parents and the proper religious advisors state in writing that to do so would be against religious convictions. The Scout's parents must also accept full responsibility for anything that might happen because of this exemption.***

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

Explain the following:

1. Why physical exams are important

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2. **Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.**

   **Why preventive habits are important:**

   **Effect of tobacco products, alcohol, and other harmful substances:**

3. **Diseases that can be prevented and how**

4. **The 7 warning signs of cancer:**
   1. 
   2. 
   3. 
   4. 
   5. 
   6. 
   7. 

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

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.**

3. 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?

b. Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your parent(s)/guardian(s)?

c. 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: | |

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

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

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

g. What are you doing to demonstrate your duty to God?

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

i. 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
    b. Your weakest and strongest area of physical fitness
    c. The need to have a balance in the four areas of physical fitness
    d. How a program like ScoutStrong can lead to lifelong healthful habits
    e. How the areas of personal fitness relate to the Scout Laws and Scout Oath
5. Explain the following about nutrition:
    a. The importance of good nutrition

**b. What good nutrition means to you**

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**c. How good nutrition is related to the other components of personal fitness**

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**d. How to maintain a healthy weight**

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c **6. Before doing requirements 7 and 8, Do the following:**

**a. Complete the aerobic fitness, flexibility, and muscular strength 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 Test** **Record your performance on ONE of the following tests:** **Need to improve?**

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| **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**

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| **Sit and Reach -** | **Using a sit-and-reach box constructed according to specifications in the *Personal Fitness* 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-ups or pull-ups). You may also do all three for extra experience and benefit.**

| | | |
|---|---|---|
| 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 *Personal Fitness* 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 |
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**Identify three healthy eating goals you want to work on.**

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| **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.**

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

Discuss how well you met your healthy eating goals over these 12 weeks.

Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

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 this profession.

Profession picked:

Education

Training

Experience

Discuss what you learned with your counselor, and explain why this profession might interest you.

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.

Scout's Name: _____ _____

## SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 1)

**Week 1**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 2**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 3**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 4**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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Scout's Name: _____ _____

## SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 2)

**Week 5**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 6**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 7**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 8**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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Scout's Name: _____ _____

## SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 3)

**Week 9**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 10**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 11**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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**Week 12**

| Day | Fitness Program Activity & Notes | Distance | Duration | Repetitions | Heart Rate |
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