



Personal Fitness

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2010, Workbook updated: 7/10.

Scout's Name: _____ Unit: _____

Counselor's Name: _____ Counselor's Ph #: _____

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 thorough 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 (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. _____

(3) Diseases that can be prevented and how _____

(4) The 7 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. _____

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? _____

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 _____

and do you know how to modify it 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? _____

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 Laws and Scout Oath

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 _____

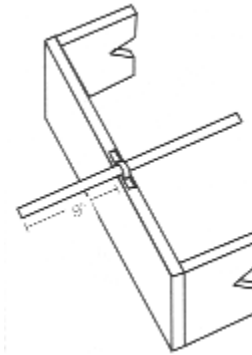
D. The three components of a sound weight (fat) control program

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. (See Personal Fitness Merit Badge Pamphlet, pp. 47 - 60)

Aerobic Fitness - Choose either the nine minute run/walk for distance OR the one mile run/walk.	Need to improve?
9-minute Run/Walk - You can run <i>or</i> walk.	
-or- 1-mile Run/Walk -	
Strength -Record your performance on all three tests.	
Sit-ups in 60 sec. Arms crossed, knees bent, feet flat on the floor, have someone hold your feet down	
Push-Ups in 60 sec. Keep shoulders, hips, and legs in a straight line. Start flat on the ground.	
Pull-Ups in 60 sec. Palms forward. Start with your arms fully extended and your feet a few inches above the ground. Pull up until your chin is on top of the bar and repeat.	
Flexibility	
Sit and Reach - Do four repetitions. Record the fourth reach after holding it for 15 seconds to qualify. Keep your knees down. You can tape a yardstick to the edge of a bench laid on its side with your feet placed flat on the seat panel. Tape down a yardstick so that the 9-inch mark is in line with the panel against which the feet are placed.	
Body Composition	
Right Arm Circumference right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.	
Shoulder Circumference with arms hanging, place the tape two inches below the top of the shoulder and around the arms, chest, and back after breath expiration.	
Chest Circumference Place the tape under the arms and around the chest and back at the nipple line after breath expiration.	
Abdomen Circumference At navel level (relaxed).	
Right Thigh Circumference Right thigh, midway between the hip and the knee, and not flexed.	



"Sit and reach" to measure lower-back flexibility.



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

7. Outline a 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 (i.e., 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 pre-program and post-program body composition measurements. (See *Personal Fitness Pamphlet*, pp. 61 - 79)

FITNESS MEASUREMENTS

Improved? Hit goal?

Test Results	Initial Results	12-Week Goals	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Week12 - Initial	Week12 - Goal
Date		----							----	----
9 Min. Run/walk -or- 1 mi. Run/walk (time)										
Flexibility Reach (cm)										
Sit-ups in 60 sec										
Pull-ups in 60 sec										
Push-ups in 60 sec										

BODY COMPOSITION TEST

Measurements:	Initial Results	Week 12	Improvement: Week12-Initial	Compare and analyze your pre-program and post-program body composition measurements.
Right upper arm	inches	inches	inches	
Shoulders	inches	inches	inches	
Chest	inches	inches	inches	
Abdomen	inches	inches	inches	
Right thigh	inches	inches	inches	

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.

Pick one _____

and find out the education, training, and experience required for this professions. _____

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

Online Resources: (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Boy Scout Merit Badge Workbooks: [BSA Troop 780](#) -or- usscouts.org -or- meritbadge.org Merit Badge Books:
www.scoutstuff.org

Requirement Resources

- 1.a. The [Annual Health and Medical Record #34605](#) has replaced the Medical Exam Form Class 1, 2, & 3
- 1.a.4 [Seven Warning Signs of Cancer - Another site](#)
- 1.a.5 [Risk Factors for Coronary Heart Disease - What are the Youth Risk Factors that Affect Cardiovascular Fitness in Adulthood?](#)
- 2.a. [Mind, Body, Spirit](#)
- 2.c. [What does it mean to be mentally healthy?](#)
- 2.e. [Concept of Health](#)
- 3f. [Kid's Health: Smoking Sticks - What You Need to Know About Drugs - Alcohol Dangers - McGruff on Drugs and Alcohol - What You Need To Know About Drugs - McGruff on Drugs and Alcohol - DARE](#) - Read the booklet [Choose to Refuse!](#) Discuss it with an adult and show that you understand the material.
 - [Order "Choose to Refuse" - Online Version](#) - [USScouts: Choose to Refuse](#) - [Drugs: A Deadly Game](#)
- 4.a. [The Seven Major Components of Physical Fitness](#) An official BSA link
6. See the fitness tests chart in the [Personal Fitness Workbook](#)

National has advised us that there is an editorial error on page 72 of the Merit Badge Pamphlet (book) incorrectly stating to do Sit-ups and either Push-ups or Pull-ups. On p.68 and in the Boy Scout Requirements, the requirement is to record your performance in Sit-ups, Push-ups, and Pull-ups. Per National, do all three. (11/2008)

[Flexibility Reach test box diagrams](#) [Proper way to do sit-ups](#)
[Proper way to do pull-ups](#) [Proper way to do push-ups](#)

Lesson Videos: [Warm Up](#) - [Stretching](#) - [Running](#) - [Pull-Ups](#) - [Push-Ups](#) - [Basketball](#) - [Baseball](#) - [Football](#) - [Bench Press](#) - [Leg Curls](#)
7. See the sample goals table in the [Personal Fitness Workbook](#)
8. See the fitness logs in the [Personal Fitness Workbook](#)
9. [Exercise Careers](#)

General Resources

Amateur-Sports.com: <http://www.amateur-sports.com>
 American Heart Association: <http://www.americanheart.org/>
 Fitness for Kids: <http://www.fitnessforkids.org>
 KidsHealth: <http://www.kidshealth.org>

American Dietetic Association: <http://www.eatright.org>
 Centers for Disease Control: <http://www.fitfamilyfitkids.com>
 Intr. Food Information Council Foundation: <http://iflc.org>
 National Athletic Trainer's Association: <http://www.nata.org>

