



# 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 #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Worksheet developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 2007, Workbook updated: April 2008.

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. \_\_\_\_\_

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Tell what questions the doctor asked about your health. \_\_\_\_\_

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Tell what health or medical recommendations the doctor made \_\_\_\_\_

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and report what you have done in response to the recommendations. \_\_\_\_\_

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Explain the following:

1. Why physical exams are important \_\_\_\_\_

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2. Why preventative habits are important in maintaining good health \_\_\_\_\_

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3. Diseases that can be prevented and how \_\_\_\_\_

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4. The 7 warning signs of cancer:

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

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**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.** \_\_\_\_\_

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

A. Components of personal fitness

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B. Reasons for being fit in all components

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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 four 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 component of physical fitness \_\_\_\_\_

Your 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.**

Aerobic Endurance Test - Record your performance on one of the following tests:

A. Run/walk as far as you can in nine minutes.

**OR**

B. Run/walk one mile as fast as you can.

Flexibility Test - Using a sit-and-reach box constructed according to specifications in the merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held for 15 seconds to qualify. Remember to keep your knees down.

Muscular Strength Test - Record your performance on all three tests.

- 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 merit badge pamphlet.
- Pull-ups. Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.
- Push-ups. Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.

Body Composition Test - Have your parent, counselor, or other adult take and record the following measurements:

- Circumference of the right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.
- Shoulders, with arms hanging by placing the tape two inches below the top of the shoulder and around the arms, chest, and back after breath expiration.
- Chest, by placing the tape under the arms and around the chest and back at the nipple line after breath expiration.
- Abdomen circumference at navel level (relaxed).
- Circumference of the right thigh, midway between the hip and the knee, and not flexed.

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.**

Beginning Date: \_\_\_\_\_ Ending Date: \_\_\_\_\_

Goals: \_\_\_\_\_

Warm-up Activities: \_\_\_\_\_

Intensity Activities: \_\_\_\_\_

Endurance Activities: \_\_\_\_\_

Sessions per week: \_\_\_\_\_

Time per session: \_\_\_\_\_

Equipment needed: \_\_\_\_\_ Costs: \_\_\_\_\_

Facilities needed: \_\_\_\_\_ Costs: \_\_\_\_\_

Who will you exercise with? (Buddy system.) \_\_\_\_\_

Approvals: Counselor: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

**8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (i.e., how long your exercised; how far your 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.**

**FITNESS TESTS**

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

**BODY COMPOSITION TEST**

Measurements:	Initial	Week 12	Change = Week12-Initial	Compare & Analyze each change
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](http://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:** [usscouts.org](http://usscouts.org) -or- [meritbadge.org](http://meritbadge.org) **Merit Badge Books:** [www.scoutstuff.org](http://www.scoutstuff.org)  
[Guide to Safe Scouting](#) [Safe Swim Defense](#) [Safety Afloat](#) [Blood Borne Pathogens](#) [Youth Protection Training](#)

[ExpertVillage First Aid Videos](#) ▶ [Make a First Aid Kit](#) ▶ [Basics](#) ▶ [Basics2](#) ▶ [CPR Basics](#) ▶ [Venomous Snake Bite](#)  
▶ [Warm Up](#) ▶ [Stretching](#) ▶ [Running](#) ▶ [Pull-Ups](#) ▶ [Push-Ups](#)  
▶ [Basketball](#) ▶ [Baseball](#) ▶ [Football](#) ▶ [Bench Press](#) ▶ [Leg Curls](#)

Amateur-Sports.com: <http://www.amateur-sports.com>

American Dietetic Association: <http://www.eatright.org>

American Heart Association: <http://www.americanheart.org/>

Centers for Disease Control: <http://www.fitfamilyfitkids.com>

Fitness for Kids: <http://www.fitnessforkids.org>

Intr. Food Information Council Foundation: <http://ifc.org>

KidsHealth: <http://www.kidshealth.org>

National Athletic Trainer's Association: <http://www.nata.org>

**SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 1)**

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
1					
2					
3					
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**SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 2)**

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
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