



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

Merit Badge Counselors may not require the use of this or any similar workbooks.

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.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023 • This workbook was updated in February 2024.

Scout's Name: MAC MORA Unit _____ Date Started _____

Counselor's Name: _____ Phone No.: 208-512-0331 Email: macmor@scouting.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

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

Physical exams are important
As it helps our fitness
and nothing else with it

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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:

To stay fit and healthy at all times.

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

They harm both your physical & mental health.

3. Diseases that can be prevented and how

Measles - MMR10
Polio - Vaccines

4. The 7 warning signs of cancer:

1.	Change in breast
2.	Spot that doesn't heal
3.	Unusual lumps
4.	Thickening or lump in breast
5.	Itching
6.	Obvious changes in moles
7.	Swelling lymph

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

Obesity and high blood pressure

- ☐ 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.

Brush	floss	twice a day

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

so that you don't become depressed
and last.

- b. What it means to be mentally healthy

Having a good mind set.

- c. What it means to be physically healthy

Not being obese

- d. What it means to be socially healthy.

Having lots of friends.

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?

yes

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

yes

- 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:

I have good nutrition

Alcohol:

The taste of Alcohol repulses me

Tobacco:

I will never smoke

Drugs:

I only take natural ones

Other practices:

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

Being mentally prepared for the next day

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

Eating protein, vitamins and vegetables

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

I do soccer, football, and basketball.

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

Go to church every Sunday

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

yes

- i. Do you support family activities and efforts to maintain a good home life?

yes

The following 5 discussion points (3j – 3n) are included in the current *Personal Fitness* merit badge pamphlet but were not included in the list of changes to the requirements which took effect in January 2023. As a result, Scouts may include them while working on the merit badge, but they are not required to do so until the requirements are added to the requirements on [Scouting.org](https://www.scouting.org), *Scoutbook*, and the *Scouts-BSA Requirements* book.

- j. Do you carry out daily activities without noticeable effort?

Definitely

Do you have extra energy for other activities?

some times

- k. 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?

yes

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

yes

- m. Do you sleep well at night and wake up feeling ready to start the new day?

yes

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

yes

4. Explain the following about physical fitness:

a. The areas of physical fitness

- Cardiorespiratory endurance
 - strength
 - endurance
 - flexibility
 - Body composition

b. Your weakest and strongest area of physical fitness

- endurance
 - flexibility

c. The need to have a balance in the four areas of physical fitness

So you can be healthy, and stay fit.

d. How a program like the President's Council on Sports, Fitness & Nutrition can lead to lifelong healthful habits

By ensuring that + one works on all aspects of fitness.

e. How the areas of personal fitness relate to the Scout Laws and Scout Oath

The Scout Oath states "to keep myself physically strong, serving law and duty in skill"

5. Explain the following about nutrition:

a. The importance of good nutrition

To not get sick or obese.

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:

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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>.