

Personal Fitness

Merit Badge Workbook

Prepared by Hoboken Troop 146

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1. Defining Personal Fitness. Explain to your counselor what personal fitness means to you, including:

1a Describe a person who is physically fit.

1b Describe a person who is mentally, emotionally and socially fit.

1c Describe a person who is spiritually fit.

1d Explain why it is important to be fit in all of these ways.

1e Discuss how each aspect of personal fitness relates to the Scout Oath and Scout Law.

2. Monitoring Your Health. Do the following:

2a1 Discuss with your counselor the importance of having a physical examination each year.

2a2 Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination.

2a3 Tell your counselor when you last underwent a physical examination.

2b1 Explain why it is important to have a routine dental examination

2b2 Explain what preventive or corrective treatments your dentist can provide.

2b3 Explain why daily oral care is an important part of staying well.

2b4 Tell your counselor when you last underwent a dental examination.

3. Your Fitness Knowledge and Habits. Do the following with your counselor:

3a Explain the physical exercise you regularly do, whether your routine includes all four components of physical fitness (cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition), and how your current practices increase or decrease your likelihood of developing cardiovascular disease or other conditions in adulthood.

3b Discuss what harmful substances you consciously avoid, and how these actions affect your risk factors now and in the future.

3c Explain what common diseases can be prevented or mitigated by vaccinations, and whether you are immunized according to the advice of your healthcare provider and the direction of your parent or guardian.

3d Discuss how good nutrition is related to the other components of personal fitness, and if you follow a nutritious, balanced diet.

3e Discuss what a healthy weight is for you, and what you do to maintain a healthy weight.

3f Explain why getting adequate sleep is important, and whether you get enough hours of sleep each night.

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3g Discuss whether you spend quality time with your family and friends in social and recreational activities, and how you contribute to creating and maintaining a good home life.

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4. Measures of Physical Fitness. Determine with your counselor the assessments of physical fitness and nutrition you will do before, during, and after completing the 12-week program in requirement 7.

4a Include a measure of cardiorespiratory (aerobic) fitness: Record the time required to complete a mile walk or run as fast as you can.

Time in minutes / seconds

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4b Include two measures of muscular strength and endurance:

4b1 Record either the number of sit-ups done in 60 seconds OR how long a plank was held

Number of sit-ups

Plank time in minutes / seconds

	OR	
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AND ALSO

4b2 Record the number of either push-ups OR pull-ups done in 60 seconds.

Number of push-ups

Number of pull-ups

	OR	
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4c Include at least one measure of flexibility, such as a back-saver sit-and-reach test OR a back scratch test.

Sit: how far reached in inches

Scratch: How far reached in inches

	OR	
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5. Pre-Assessment of Physical Fitness. Before beginning the 12-week program in requirement 7, do the following:

5a Complete each of the assessments you defined in requirement 4, and record your results.

Time of mile run/walk:
Number of sit-ups or how long a plank was held:
Number of push-ups or pull-ups:
Inches for sit-and-reach or back scratch test:

5b Identify your weakest and strongest area of physical fitness, and choose an area to target for improvement.

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5c Keep a log of what you eat and drink for a period of three days.

[For this requirement, fill in the chart in Appendix A.]

5d Based on your diet log, identify at least two improvement goals related to diet and nutrition.

1.
2 .

6. Plan the Program. Outline with your counselor a comprehensive 12-week physical fitness and nutrition program that you will complete based on your improvement goals and ability. The program must incorporate the following:

6a Warm-up: low-intensity movement or gentle muscle stretching before each more rigorous workout.

Warm-up consists of:

6b Cardiorespiratory (aerobic) element: an activity that raises your heart and respiratory rate for 15 to 30 minutes at least three times per week.

Cardio consists of:

6c Muscular strength and endurance element: repetitive exercises that target different muscles - upper body, core, and/or legs - based on your improvement goals and potential.

1. Upper consists of:

2. Core consists of:

3. Legs consist of:

7. Complete the Program. Do the following:

7a Complete and keep a log, over 12 consecutive weeks, of the physical fitness and nutrition program you have outlined. (If your program is interrupted by illness or unavoidable conflicts for less than two weeks, you may resume where you left off, adding the missed days or weeks at the end).

[For this requirement, see Appendix B.]

7b During week 4 and week 8 of your program, repeat the assessments you did in requirement 5(a) before you began. Repeat the same tests for a final assessment within two weeks after completing the 12-week program. Show improvement over your pre-assessment results.

7b1 Assessment after 4 weeks.

Time of mile run/walk:

Number of sit-ups or how long a plank was held:

Number of push-ups or pull-ups

Inches for sit-and-reach or back scratch test:
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7b2 Assessment after 8 weeks.

Time of mile run/walk:
Number of sit-ups or how long a plank was held:
Number of push-ups or pull-ups
Inches for sit-and-reach or back scratch test:

7b3 Assessment after 12 weeks.

Time of mile run/walk:
Number of sit-ups or how long a plank was held:
Number of push-ups or pull-ups
Inches for sit-and-reach or back scratch test:

7c For three days during week 8, and again during week 12, keep a log of what you eat and drink. Show improvement toward the diet and nutrition goals you set in requirement 5(d).

[For this requirement, fill in the chart in Appendix A.]

7d Discuss your results, improvements, insights, and experiences with your counselor after completing the program and assessments.

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8. Future Career or Lifestyle. Do ONE of the following:

8a1 Explore three careers related to personal fitness.

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3.

AND

8a2 Research one career area by interviewing an expert in the field, visiting a site, or using other resources. Learn about training, education, expenses, job outlook, salary, and advancement. Discuss your findings and career interest with your counselor.

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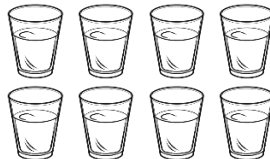
OR

8b Explore how an area of personal fitness could contribute to a hobby or healthy lifestyle. Research education, costs, and organizations related to this activity. Discuss your findings and goals with your counselor.

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Food & Drink Log

Complete for 5(c) Pre-Assessment and again for 7(c) during Week 8 and Week 12.

	Day 1 (date: _____)	Day 2 (date: _____)	Day 3 (date: _____)
Breakfast			
Lunch			
Afternoon Snack			
Dinner			
Evening Snack			
Hydration			
Notes: (healthy habits to retain, areas for improvement)			

[illegible]