



PERSONAL FITNESS MERIT BADGE WORKBOOK

This Scoutmaster Bucky Merit Badge Workbook is based off the *2020 Scouts BSA Requirements*.

Consider also using the Personal Fitness merit badge class preparation page for clarification and expectations when participating in a Scoutmaster Bucky merit badge opportunity (online or in-person).

<https://scoutmasterbucky.com/merit-badges/personal-fitness/>

Scout's Name:

REQUIREMENT 1: Do the following:

REQUIREMENT 1A: 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:

REQUIREMENT 1A1: Why physical exams are important



REQUIREMENT 1A2: 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 your personal fitness

REQUIREMENT 1A3: Diseases that can be prevented and how

REQUIREMENT 1A4: The seven warning signs of cancer

REQUIREMENT 1A5: The youth risk factors that affect cardiovascular health in adulthood



REQUIREMENT 1B: Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.

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

REQUIREMENT 2A: Reasons for being mentally, physically, socially, and spiritually fit

REQUIREMENT 2B: Reasons for being fit in all components.



REQUIREMENT 2C: What it means to be physically healthy

REQUIREMENT 2D: What it means to be socially healthy

REQUIREMENT 3: With your counselor, answer and discuss the following questions:

REQUIREMENT 3A: Are you living in such a way that your risk of preventable diseases is minimized?



REQUIREMENT 3B: Are you immunized and vaccinated according to the advice of your healthcare provider and the direction of your parent(s)/guardian(s)?

REQUIREMENT 3C: 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?

REQUIREMENT 3D: What are the advantages to getting a full night's sleep?

REQUIREMENT 3E: Define a nutritious, balanced diet and why it is important.



REQUIREMENT 3F: Do you participate in a regular exercise program or recreational activities?

REQUIREMENT 3G: What are you doing to demonstrate your duty to God?

REQUIREMENT 3H: Do you spend quality time with your family and friends in social and recreational activities?

REQUIREMENT 3I: Do you support family activities and efforts to maintain a good home life?



REQUIREMENT 4: Explain the following about physical fitness:

REQUIREMENT 4A: The areas of physical fitness

REQUIREMENT 4B: Your weakest and strongest area of physical fitness

REQUIREMENT 4C: The need to have a balance in the four areas of physical fitness



REQUIREMENT 4D: How a program like ScoutStrong can lead to lifelong healthful habits

REQUIREMENT 4E: How the areas of personal fitness relate to the Scout Law and Scout Oath

REQUIREMENT 5: Explain the following:

REQUIREMENT 5A: The importance of good nutrition



REQUIREMENT 5B: What good nutrition means to you

REQUIREMENT 5C: How good nutrition is related to the other components of personal fitness

REQUIREMENT 5D: How to maintain a healthy weight

REQUIREMENT 6: Before doing requirements 7 and 8, do the following:



REQUIREMENT 6A: 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.

REQUIREMENT 6B: Keep track of what you eat and drink for three days. Identify three healthy eating goals you want to work on.

REQUIREMENT 7: Outline a comprehensive 12-week physical fitness program using the results of your 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.



REQUIREMENT 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. 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.

REQUIREMENT 9: Find out about three career opportunities in personal fitness. Pick one and find out the education, training, and experience required for this profession. Discuss what you learned with your counselor, and explain why this profession might interest you.