PERSONAL FITNESS MERIT BADGE REQUIREMENTS

Additional checkoff sheets and helps are available from ScouterMom.com.

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 advisers 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:										
1a. Before completing requirements 2 through 9, have your health-care practitioner give you a physical 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 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										
(3) Diseases that can be prevented and how										
(4) The seven warning signs of cancer										
(5) The youth risk factors that affect cardiovascular fitness in adulthood										
2b. 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										
2a. Components of personal fitness.										
2b. Reasons for being fit in all components.										
2c. What it means to be mentally healthy.										
2d. What it means to be physically healthy and fit.										
2e. What it means to be socially healthy. Discuss your activity in the areas of healthy social fitness.										
2f. What you can do to prevent social, emotional, or mental problems										
3. With your counselor, answer and discuss the following questions:										
3a. Are you free from all curable diseases? Are you living in such a way that your risk of preventable diseases is minimized?										
3b. Are you immunized and vaccinated according to the advice of your health-care provider?										
3c. 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?										
3d. Are your body weight and composition what you would like them to be, and do you know how to modify them safely through exercise, diet, and lifestyle?										
3e. Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?										

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3f. 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?										
3g. Do you participate in a regular exercise program or recreational activities?										
3h. Do you sleep well at night and wake up feeling ready to start the new day?										
3i. Are you actively involved in the religious organization of your choice, and do you participate in its youth activities?										
3j. Do you spend quality time with your family and friends in social and recreational activities?										
3k. Do you support family activities and efforts to maintain a good home life?										
4. Explain the following about physical fitness:										
4a. The components of physical fitness										
4b. Your weakest and strongest component of physical fitness										
4c. The need to have a balance in all four components of physical fitness										
4d. How the components of personal fitness relate to the Scout Law and Scout Oath										
5. Explain the following about nutrition:										
5a. The importance of good nutrition										
5b. What good nutrition means to you										
5c. 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, and muscular strength tests, along with the body composition evaluation as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.										
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.										

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8. Complete the physical fitness program you outlined in requirement 7. Keep a logof your fitness program activity (how long you exercised; how far you ran,swam, or biked; how many exercise repetitions you completed; your exerciseheart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aero-bic fitness, muscular strength, and flexibility tests every four weeks and recordyour results. After the 12th week, repeat all of the required activities in each ofthe 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-termplans 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 profession. Discuss what you learned with your counselor, and explain why this profession might interest you.										
Completed										
Presented										