Scouting America

12-Week Physical Fitness Program

Work with your counselor to outline a 12-week physical fitness program. Your program must incorporate the following:

ELEMENT	WHAT YOU WILL DO
WARM-UP: low intensity or gentle muscle stretching before each more rigorous workout	
CARDIORESPIRATORY (AEROBIC): an activity that raises your heart and respiratory rate for 15 to 30 minutes at least 3 times/week	
MUSCULAR STRENGTH and ENDURANCE: repetitive exercises that target different muscles - upper body, core, and/or legs	
FLEXIBILITY: movements that arch/lower/ stretch/relax your back, rotate your trunk, or stretch your hamstrings	
COOL-DOWN: low-intensity movement or gentle stretching to prevent muscle cramps and enhance the benefits of exercise	

WEEK	EXERCISE NOTES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
2 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
3 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
4 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN

Personal Fitness Merit Badge

2026 Requirements

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5 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
6 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
7 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
8 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
9 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
10 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
11 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN
12 DATES:		☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN	☐ WARM-UP ☐ CARDIO ☐ STRENGTH ☐ FLEXIBILITY ☐ COOL-DOWN