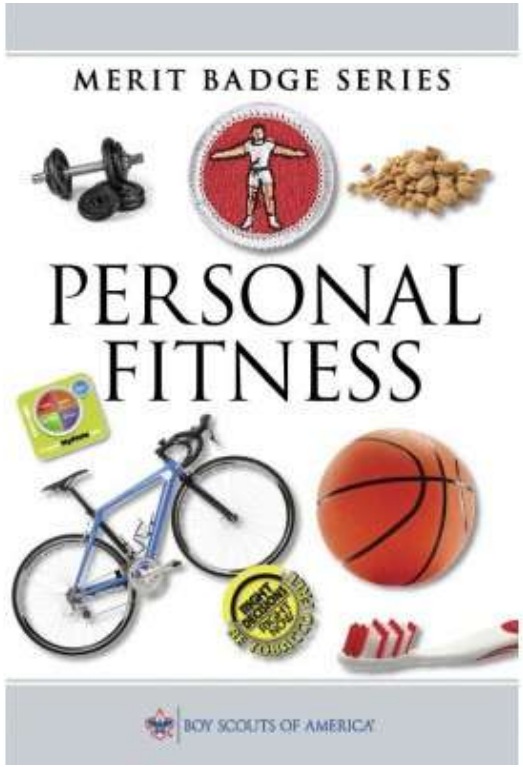
# Personal Fitness Merit Badge





# Personal Fitness Merit Badge Requirements

Personal Fitness Merit Badge | Scouting America

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

(a) Describe a person who is physically fit.

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

(c) Describe a person who is spiritually fit.

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

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

# Personal Fitness Merit Badge Requirements

## 2. Monitoring Your Health. Do the following:

(a) Discuss with your counselor the importance of having a physical examination each year. Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination. Tell your counselor when you last underwent a physical examination.

(b) Explain why it is important to have a routine dental examination. Explain what preventive or corrective treatments your dentist can provide, and why daily oral care is an important part of staying well. Tell your counselor when you last underwent a dental examination.

# Cancer—Seven Danger Signs

If you recognize any of these seven danger signs, seek further testing for cancer. Awareness of these seven signs will increase the chances of diagnosing cancer at an early stage and therefore increase your chance of survival.

1. Change in bowel or bladder habits could be a sign of colorectal cancer.
2. A sore that does not heal on the skin or in the mouth could be a malignancy and should be checked by a doctor.
3. Unusual bleeding or discharge from the rectum or bladder could mean colorectal, prostate, or bladder cancer.
4. Thickening of breast tissue or a new lump in the breast is a warning sign of breast cancer. A lump in the testes could mean testicular cancer.
5. Indigestion or trouble swallowing could be cancer of the mouth, throat, esophagus, or stomach.
6. Obvious changes to moles or warts could mean skin cancer.
7. Nagging cough or hoarseness that persists for four to six weeks could be a sign of lung or throat cancer.

Closely watch for these signs, which are your body's way of alerting you to potential problems. If you experience any of them, schedule an appointment with your physician immediately.

# Personal Fitness Merit Badge Requirements

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

(a) 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.

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

(c) 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.

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

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

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

(g) 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.

# Personal Fitness Merit Badge Requirements

## 4. Measures of Physical Fitness. (Memorial Middle School Track)

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.

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

(b) Include two measures of muscular strength and endurance: Record either the number of sit-ups done in 60 seconds OR how long a plank was held; AND, record the number of either push-ups OR pull-ups done in 60 seconds.

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

measures_of_physical_fitness (fillable).pdf

# Personal Fitness Merit Badge Requirements

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

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

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

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

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

# Personal Fitness Merit Badge Requirements

## 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:**

**(a)** **Warm-up**: low-intensity movement or gentle muscle stretching before each more rigorous workout

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

**(c)** **Muscular strength and endurance element**: repetitive exercises that target different muscles—upper body, core, and/or legs—based on your improvement goals and potential

**(d)** **Flexibility element**: movements that arch/lower/stretch/relax your back, rotate your trunk, or stretch your hamstrings

**(e)** **Cool-down**: low-intensity movement or gentle stretching to prevent muscle cramps and enhance the benefits of exercise

(f) A plan for achieving your two improvement goals related to diet and nutrition

Home Exercise Hacks (playlist)

# Personal Fitness Merit Badge Requirements

## 7. Complete the Program. Do the following:

(a) 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.)

(b) 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.

(c) 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).

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

## Exercise Journal

Week _____

| Date | Description of Activity |
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## Exercise Log

| | Week _____ | | | | | | | Week _____ | | | | | | | Week _____ | | | | | | |
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| Exercise Description | Su | M | T | W | Th | F | Sa | Su | M | T | W | Th | F | Sa | Su | M | T | W | Th | F | Sa |
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physical_fitness_12week_program (fillable).pdf

# Personal Fitness Merit Badge Requirements

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

January 11 Meeting- Presentations

(a) Explore three careers related to personal fitness. 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.

(b) 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.



# There are NO Short Cuts!

If you want to improve, you need to put in the work.

You cannot help others, do Good Turns daily, or be a friend if you neglect your own body, mind and spiritual needs.

**QUESTIONS?**