



# Personal Fitness Merit Badge Packet

**Name:**

**Troop:**

Instructions: Please complete this packet before arriving at camp. Bring this packet with you on your first day of class.

## Dental Examination Statement

*Requirement 1b: Have an examination made by your dentist. Get a statement saying that your teeth have been checked and cared for.*

Dentist's Name:	
Date of Examination:	
Condition of Teeth:	
Recommendations to improve dental health:	
Dentist Signature:	

**Requirement 6a and 8: 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.**

**Record your results in the chart below. Repeat these tests every four weeks and record your results in the chart below.**

<b>Test Results</b>	<b>Initial Results</b>	<b>12 Week Goals</b>	<b>Week 4</b>	<b>Week 8</b>	<b>Week 12</b>	<b>Change from initial results</b>
<b>Date</b>						
<b>Run/walk as far as you can as fast as you can in nine minutes. OR Run/walk one mile as fast as you can</b>						
<b>Sit and Reach</b>						
<b>Sit-Ups (in one minute)</b>						
<b>Push-Ups (in one minute) or pull-ups (in one minute)</b>						

**Requirement 6b: Keep track of what you eat and drink for three days.**

<b>Day 1</b>	
<b>Day 2</b>	
<b>Day 3</b>	

**Identify three healthy eating goals you want to work on**

- 1.
- 2.
- 3.

### Requirement 7: 12-Week Physical Fitness Program

Create a 12-week Physical Fitness Program that incorporates the following components. Before you begin your physical fitness program, your parent must approve it.

I approve my scout's 12-week physical fitness program. Signature \_\_\_\_\_

Warm-up	
Aerobic Exercises	
Strength Exercises	
Flexibility Exercises	
Cool-Down	

### Personal Fitness Log

Directions: Record your physical activities each day (for example, what sports did you play, how far or how long did you run) and the time you spend completing them. Your physical activities should be based off of your 12- Week Physical Fitness plan outlined on the previous page. If you need additional space, please attach another sheet to this page.

#### Week 1

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

### Week 2

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

### Week 3

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Weekend	
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**Week 4**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

**Week 5**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Weekend	
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**Week 6**

Day	Activities (include how long you did it, distance, and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

**Week 7**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	



Friday	
Weekend	

**Week 8**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

**Week 9**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	

Friday	
Weekend	

**Week 10**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

**Week 11**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	

Thursday	
Friday	
Weekend	

**Week 12**

Day	Activities (include how long you did it, distance and repetition)
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

**Be prepared to discuss the follow questions with your personal fitness instructor:**

- how well you met your healthy eating goals over these 12 weeks

- the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.