

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023 • This workbook was updated in August 2023.

Scout's Name:			Unit:			
Counselor's Name:		ne:	Phone No.:	Email:		
				ions about this workbook to: Workbooks@USScouts.Org r the merit badge should be sent to: Merit.Badge@Scouting.Org		
Note:	does no be agai	ot have to inst religi	o be done if the Scout's parents and the p	against the Scout's religious convictions, the representations advisors state in writing that to ust also accept full responsibility for anything the	do so would	
1.	Do the f	following.				
	☐ a.		completing requirements 2 through 9, have you	our health-care practitioner give you a physical exa	amination	
		Explain	the following:			
		1.	Why physical exams are important			

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Effect of	of tobacco products, alcohol, and other harmful substances:
Dispas	ses that can be prevented and how
Discas	les that can be prevented and now
	warning signs of cancer:
1.	
2.	
3	
4.	
5.	
6.	
7.	
	outh risk factors that affect cardiovascular fitness in adulthood
The yo	

Scout's Name:

- 3. With your counselor, answer and discuss the following questions:
 - a. Are you living in such a way that your risk of preventable diseases is minimized?

- b. Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your parent(s)/guardian(s)?
- c. 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?

	7
Nutrition:	
Alcohol:	
Tobacco:	
Drugs:	
Other practices:	

- d. What are the advantages to getting a full night's sleep?
- e. Define a nutritious, balanced diet and why it is important.
- f. Do you participate in a regular exercise program or recreational activities?
- g. What are you doing to demonstrate your duty to God?

Personal Fitness	Scout's Name:
h.	Do you spend quality time with your family and friends in social and recreational activities?
i.	Do you support family activities and efforts to maintain a good home life?
included in the I while working o	discussion points (3j – 3n) are included in the current <i>Personal Fitness</i> merit badge pamphlet but were not ist of changes to the requirements which took effect in January 2023. As a result, Scouts may include them n the merit badge, but they are not required to do so until the requirements are added to the requirements on coutbook, and <i>the Scouts-BSA Requirements</i> book.
j.	Do you carry out daily activities without noticeable effort?
	Do you have extra energy for other activities?
k.	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?
l.	Do you participate in a regular exercise program or recreational activities?
m.	Do you sleep well at night and wake up feeling ready to start the new day?
n.	Are you actively involved in the religious organization of your choice, and do you participate in its youth activities?

ona	al Fitness	Scout's Name:
4.	Explain t	he following about physical fitness:
	a.	The areas of physical fitness
	b.	Your weakest and strongest area of physical fitness
	C.	The need to have a balance in the four areas of physical fitness
	d.	How a program like the President's Council on Sports, Fitness & Nutrition can lead to lifelong healthful habits
	u.	Tiow a program like the Fresident's Council on Sports, Fitness & Nutrition carried to lifelong healthful habits
	e.	How the areas of personal fitness relate to the Scout Laws and Scout Oath

5. Explain the following about nutrition:

The importance of good nutrition

Personal Fitness	Scout's Name:					
b.	What good nutrition means to you					
C.	How good nutrition is related to the other components of personal fitness					
d.	How to maintain a healthy weight					
□ 6 Poforo	leing requirements 7 and 9. Do the following:					
6. Before d	loing requirements 7 and 8, Do the following: Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the F	Personal Fitne	ee marit			
a.	badge pamphlet. Record your results and identify those areas where you feel you need to		33 mont			
	Aerobic Fitness Test Record your performance on ONE of the following tests:	Result	Need to improve?			
	a. Run/walk as far as you can as fast as you can in nine minutes					
	b. Run/walk 1 mile as fast as you can					
	Flexibility Test					
	Sit and Reach - Using a sit-and-reach box constructed according to specifications in					
	the <i>Personal Fitness</i> merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for					
	15 seconds to qualify. (Remember to keep your knees down.)					
	Strength Tests You must do the sit-ups exercise and one other (either push-You may also do all three for extra experience and benefit.	ups or pull-up	s).			
	a. Sit-Ups Record the number of sit-ups done correctly in 60 seconds.					
	The sit-ups must be done in the form explained and illustrated in the Personal Fitness merit badge pamphlet.					
	b. Pull-Ups Record the total number of pull-ups completed correctly in 60 seconds.					
	Be consistent with the procedures presented in the <i>Personal Fitness</i> merit badge pamphlet.					
	c. Push-Ups Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the <i>Personal Fitness</i>					
	merit badge pamphlet.					

b. Keep track of what you eat and drink for three days.

Day 1	Day 2	Day 3
Identify three healthy eating goals you	want to work on.	
1.		
2.		

7. Outline a comprehensive12-week physical fitness program using the results of your physical 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.

Warm-up:	
Aerobic Exercises:	
Ctronath Evereines	
Strength Exercises:	
Flexibility Exercises:	
Cool-Down:	

Commission the relevation of files of				Scout's Name:		
Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (ho exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests e weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test cate record your results, and show improvement in each one.						rate; etc.). sts every fo
FITNESS MEASUREMENTS						
Test Results	Initial Results	12 Week Goals	Week 4	Week 8	Week 12	Chang
Date						
9 Min. Run/walk -or-						
1 mi. Run/walk (time)						
Flexibility Reach (cm)						
Sit-ups in 60 sec						
Pull-ups in 60 sec -or-						
Push-ups in 60 sec						
Discuss the meaning and be	enefit of your e	xperience and desc	ibe vour long-	term plans regard	ding your person	al fitness
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nal Fitness	Scout's Name:
Find out about thre	on carear appartunities in personal fitness
1.	ee career opportunities in personal fitness.
2.	
3.	
Pick one and find (out the education, training, and experience required for this profession.
Profession picke	ed:
Education	
Training	
Training	
Experience	
Discuss what you	learned with your counselor, and explain why this profession might interest you.
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When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 1)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
Week 1					
Week 2					
Week 3					
Week 4					

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 2)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
Neek 5					
Nook 6					
Week 6					
Week 7			1		
	+				
Week 8			•	<u> </u>	
1					

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 3)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
Neek 9					
Veek 10					
Veek 11					
Veek 12		T	1		1