

What are the seven warning signs of cancer?

What youth risk factors affect cardiovascular fitness in adulthood?

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

Tell how to care for your teeth:

NAME _____

PERSONAL FITNESS Merit Badge – Requirements 2,3



2. What are the 5 components of personal fitness?

What is the reason a person should be fit in all components?

What does it mean to be mentally healthy?

What does it mean to be physically healthy and fit?

What does it mean to be socially healthy?

List some of your activities in the eight areas of healthy social fitness:

- Health _____
- Social _____
- Hobbies _____
- Family _____
- Religion _____
- Work (and service to others) _____
- Education _____
- Culture (reading, art, good music) _____

What can you do to prevent social, emotional and mental problems?

3. Answer the following questions in an honest attempt to evaluate your own level of personal fitness:

Are you free from all curable diseases?

Are you living in such a way that your risk of preventable diseases is minimized?

Are you immunized and vaccinated according to the advice of your health-care provider?

Do you understand the meaning of a nutritious diet and know why it is important for you? Does your diet include foods from all the food groups?

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 behavior modification?

Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?

Are you free from habits relating to nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?

Do you participate in a regular exercise program or recreational activities?

Do you sleep well at night and wake up feeling refreshed and energized for the new day?

Are you actively involved in the religious organization of your choice, and do you participate in their youth activities?

Do you spend quality time with your family and friends in social and recreational activities?

Do you support family activities and efforts to maintain a good home life?

NAME _____

PERSONAL FITNESS Merit Badge – Requirements 4,5



4. What are the components of physical fitness?

What is your weakest and strongest component of physical fitness?

Why should you have a balance in all four components of physical fitness?

How do the components of personal fitness relate to the Scout Law and Scout Oath?

5. Why is good nutrition important?

What does good nutrition mean to you personally?

How is good nutrition related to the other components of personal fitness?

What are the three components of a sound weight (fat) control program?

NAME _____

PERSONAL FITNESS Merit Badge – Requirements 6, 7, 8 and 9



6. Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve. Repeat this test every two weeks.

Aerobic Fitness Test

Run as far as you can in nine minutes or run one mile as fast as you can

Flexibility Test

Using a sit-and-reach box constructed according to specifications in this merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held for 15 seconds to qualify.

Muscular Strength Test

You must use the sit-up test and EITHER the pull-up or push-up test.

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 this merit badge pamphlet.

Pull-ups. Record the total number of pull-ups completed consistent with the procedures presented in this merit badge pamphlet.

Push-ups. Record the total number of push-ups completed consistent with the procedures presented in this merit badge pamphlet.

Body Composition Test

Have your parent, counselor, or other adult take and record the following measurements:

Circumference of the right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed. _____

Shoulders, with arms hanging by placing the tape two inches below the top of the shoulder and around the arms, chest, and back during breath expiration. _____

Chest, by placing the tape under the arms and around the chest and back at the nipple line during breath expiration. _____

Abdomen circumference at navel level (relaxed). _____

Right thigh, midway between the hip and the knee. _____

If possible, have the same person take the measurements whenever they are recorded.

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.

8. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all four tests, record your results, and show improvement in each one. Compare and analyze your preprogram and postprogram body composition measurements. Discuss the meaning and benefit of your experience.

Use the log on the separate page or make your own.

9. Describe your long-term plans regarding your personal fitness.
