



Personal Fitness

SCOUT'S NAME: _____

Requirement #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. RECORD THESE INITIAL RESULTS IN THE TABLES UNDER REQUIREMENT 7 BELOW.

Aerobic Endurance Test - Record your performance on one of the following tests:

- A) Run/walk as far as you can in nine minutes.
- B) Run/walk one mile as fast as you can.

Flexibility Test - Using a sit-and-reach box constructed according to specifications in the 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.***

- 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 merit badge pamphlet.
- B) Pull-ups. Record the total number of pull-ups completed consistent with the procedures presented in the merit badge pamphlet.
- C) Push-ups. Record the total number of push-ups completed consistent with the procedures presented in the merit badge pamphlet.

Body Composition Test - Have your parent, counselor, or other adult take and record the following measurements:

- A) Circumference of the right upper arm, midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.
- B) 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.
- C) Chest, by placing the tape under the arms and around the chest and back at the nipple line during breath expiration.
- D) Abdomen circumference at navel level (relaxed).
- E) Right thigh, midway between the hip and the knee.

Areas where you need to improve: _____

Requirement #7 – Outline a 12-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. (Note: Per National, "parent" means "parent or guardian".)

Beginning Date: _____ Ending Date: _____

Goals: _____

Warm-up Activities: _____

Intensity Activities: _____

Endurance Activities: _____

Sessions per week: _____

Time per session: _____

Equipment needed: _____ Costs: _____

Facilities needed: _____ Costs: _____

Who will you exercise with? (Buddy system.) _____

Approvals: Counselor: _____ Parent/Guardian: _____

(The Counselor who approves your plan does not have to be the same Counselor who approves its completion.)

Requirement #8 – Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (i.e., 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 pre-program and post-program body composition measurements.

FITNESS TESTS

Test Results	Initial	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	Change = Week12-Initial
Dates:								-----
9 Min. Run/walk -or-								
1 mi. Run/walk (time)								
Flexibility Reach								
A) Sit-ups in 60 sec.								
B) Pull-ups. -or-								
C) Push-ups.								

BODY COMPOSITION TEST

Measurements:	Initial	Week 12	Change = Week12-Initial	Compare & Analyze each change
A) Right upper arm	_____ inches	_____ inches	_____ inches	
B) Shoulders	_____ inches	_____ inches	_____ inches	
C) Chest	_____ inches	_____ inches	_____ inches	
D) Abdomen	_____ inches	_____ inches	_____ inches	
E) Right thigh	_____ inches	_____ inches	_____ inches	

FITNESS PROGRAM ACTIVITY LOG (Page 1)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____
7	_____	_____	_____	_____	_____
8	_____	_____	_____	_____	_____
9	_____	_____	_____	_____	_____
10	_____	_____	_____	_____	_____
11	_____	_____	_____	_____	_____

FITNESS PROGRAM ACTIVITY LOG (Page 2)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
12	_____	_____	_____	_____	_____
13	_____	_____	_____	_____	_____
14	_____	_____	_____	_____	_____
15	_____	_____	_____	_____	_____
16	_____	_____	_____	_____	_____
17	_____	_____	_____	_____	_____
18	_____	_____	_____	_____	_____
19	_____	_____	_____	_____	_____
20	_____	_____	_____	_____	_____
21	_____	_____	_____	_____	_____
22	_____	_____	_____	_____	_____
23	_____	_____	_____	_____	_____
24	_____	_____	_____	_____	_____
25	_____	_____	_____	_____	_____
26	_____	_____	_____	_____	_____
27	_____	_____	_____	_____	_____
28	_____	_____	_____	_____	_____
29	_____	_____	_____	_____	_____
30	_____	_____	_____	_____	_____
31	_____	_____	_____	_____	_____
32	_____	_____	_____	_____	_____
33	_____	_____	_____	_____	_____
34	_____	_____	_____	_____	_____
35	_____	_____	_____	_____	_____
36	_____	_____	_____	_____	_____
37	_____	_____	_____	_____	_____
38	_____	_____	_____	_____	_____
39	_____	_____	_____	_____	_____
40	_____	_____	_____	_____	_____
41	_____	_____	_____	_____	_____
42	_____	_____	_____	_____	_____
43	_____	_____	_____	_____	_____
44	_____	_____	_____	_____	_____
45	_____	_____	_____	_____	_____
46	_____	_____	_____	_____	_____
47	_____	_____	_____	_____	_____
48	_____	_____	_____	_____	_____

FITNESS PROGRAM ACTIVITY LOG (Page 3)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
49	_____	_____	_____	_____	_____
50	_____	_____	_____	_____	_____
51	_____	_____	_____	_____	_____
52	_____	_____	_____	_____	_____
53	_____	_____	_____	_____	_____
54	_____	_____	_____	_____	_____
55	_____	_____	_____	_____	_____
56	_____	_____	_____	_____	_____
57	_____	_____	_____	_____	_____
58	_____	_____	_____	_____	_____
59	_____	_____	_____	_____	_____
60	_____	_____	_____	_____	_____
61	_____	_____	_____	_____	_____
62	_____	_____	_____	_____	_____
63	_____	_____	_____	_____	_____
64	_____	_____	_____	_____	_____
65	_____	_____	_____	_____	_____
66	_____	_____	_____	_____	_____
67	_____	_____	_____	_____	_____
68	_____	_____	_____	_____	_____
69	_____	_____	_____	_____	_____
70	_____	_____	_____	_____	_____
71	_____	_____	_____	_____	_____
72	_____	_____	_____	_____	_____
73	_____	_____	_____	_____	_____
74	_____	_____	_____	_____	_____
75	_____	_____	_____	_____	_____
76	_____	_____	_____	_____	_____
77	_____	_____	_____	_____	_____
78	_____	_____	_____	_____	_____
79	_____	_____	_____	_____	_____
80	_____	_____	_____	_____	_____
81	_____	_____	_____	_____	_____
82	_____	_____	_____	_____	_____
83	_____	_____	_____	_____	_____
84	_____	_____	_____	_____	_____