



2. Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.

Why preventive habits are important:


Effect of tobacco products, alcohol, and other harmful substances:


3. Diseases that can be prevented and how


4. The 7 warning signs of cancer:

1.	
2.	
3.	
4.	
5.	
6.	
7.	

5. The youth risk factors that affect cardiovascular fitness in adulthood


- b. Have a dental examination. Get a statement saying that your teeth have been checked and cared for.

Tell how to care for your teeth.


- 2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- a. Reasons for being mentally, physically, socially, and spiritually fit


- b. What it means to be mentally healthy


- c. What it means to be physically healthy


- d. What it means to be socially healthy.


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?

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?


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?


The following 5 discussion points (3j – 3n) are included in the current *Personal Fitness* merit badge pamphlet but were not included in the list of changes to the requirements which took effect in January 2023. As a result, Scouts may include them while working on the merit badge, but they are not required to do so until the requirements are added to the requirements on [Scouting.org](http://Scouting.org), *Scoutbook*, and *the Scouts-BSA Requirements* 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?


4. Explain the 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


e. How the areas of personal fitness relate to the Scout Laws and Scout Oath


5. Explain the following about nutrition:

a. The importance of good nutrition


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. Before doing requirements 7 and 8, Do the following:

a. 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.

**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.)		
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**Strength Tests** You must do the sit-ups exercise and one other (either push-ups or pull-ups). You may also do all three for extra experience and benefit.

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 <i>Personal Fitness</i> 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.		







9. Find out about three career opportunities in personal fitness.

1.	
2.	
3.	

Pick one and find out the education, training, and experience required for this profession.

Profession picked:

Education


Training


Experience


Discuss what you learned with your counselor, and explain why this profession might interest you.


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

Week 5


Week 6


Week 7


Week 8


**SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 3)**

Day                      Fitness Program Activity & Notes                      Distance                      Duration                      Repetitions                      Heart Rate

Week 9


Week 10


Week 11


Week 12
