

COMPETITIVE GAMING

MERIT BADGE — SCOUT WORKBOOK

MU Merit Badge University, October 24th, 2026

Requirements current as of September 12, 2026

Scout's Name:	
Unit / Troop:	
Merit Badge Counselor:	
Date Started:	
Date Completed:	

This is not an official BSA publication. Always check the current official requirements at [scouting.org](https://www.scouting.org) before starting, since requirements can be revised.

ON YOUR OWN

Complete these parts before or after today's event

Why these are separate: Two of the requirements below can't be finished in a single event session — one needs three full weeks of daily tracking and enacting a plan, and one needs to be done at home with a parent or guardian. Everything else in this workbook will be completed together at the event.

The tracker below needs **14 days of data**. If you get this workbook before the event, start tracking right away so you have as much of it done as possible by the time we meet. If you're starting at the event, keep tracking afterward and bring your completed pages back to your counselor.

Requirement 3(b)–(e) — Two-week health & balance tracking

- b.** Track the amount of gaming you do each day for two weeks. Record and summarize your results.
- c.** Track your daily physical activity for the same two weeks. Compare your results to the CDC recommendation of one hour of moderate-to-vigorous activity per day for youth ages 6–17.
- d.** Track your daily sleep for the same two weeks. Compare your results to the CDC recommendation of 9–12 hours for ages 6–12 and 8–10 hours for ages 13–18.

Fill in one row per day for two full weeks:

Day	Date	Gaming (minutes)	Physical activity (minutes)	Sleep (hours)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

3(b) Summary — your gaming pattern over the two weeks:

Your response:

3(c) Summary — how did your physical activity compare to the CDC recommendation of 60 minutes/day?

Your response:

3(d) Summary — how did your sleep compare to the CDC recommendation for your age?

Your response:

e. After completing 3(b), 3(c), and 3(d), create a balanced schedule that includes healthy sleep, physical activity, and agreed-upon gaming time. **Follow this schedule for one week** and summarize your results.

Your planned balanced week:

Day	Planned sleep	Planned physical activity	Agreed-upon gaming time
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

After following this schedule for one week, summarize what happened and what you learned:

Your response:

Requirement 3(b)–(e) verified complete	Counselor initials: _____	Date: _____
--	---------------------------	-------------

Requirement 4(c) — Play with a parent or guardian

4(c). Play one of your favorite online games with your parent or guardian for at least 30 minutes. Demonstrate how to use privacy and safety settings, explain what you enjoy about the game, and let them play for part of the session.

Official resource(s): "Online Gaming Safety Settings" — see the Digital Resource Guide for Requirement 4(c).

Game played:	
Date & length of session:	

Privacy/safety settings you demonstrated:

- ☐ Limited or blocked messages from strangers
- ☐ Muted or blocked disruptive players
- ☐ Hid personal information
- ☐ Adjusted voice or text chat settings
- ☐ Other:

What you enjoy about this game:

Your response:

What did your parent/guardian think when they played?

Your response:

Requirement 4(c) — session completed	Parent/guardian initials: _____	Date: _____
---	---------------------------------	-------------

Requirement 4(c) verified complete	Counselor initials: _____	Date: _____
------------------------------------	---------------------------	-------------