

PERSONAL FITNESS MERIT BADGE

TROOP 10

Equipment needed:

1. Personal Fitness merit badge book.
2. Loose-leaf notebook with pockets (preferred), or spiral
3. Tape measure if available.
4. Stopwatch and 1-mile course accessibility, alternately a 9-minute course with yards marked off.
5. Sit and reach box or bench (see pg. 51 in your Personal Fitness Merit Badge Book).

Initial Requirements:

- 1a. Physical exam by your healthcare provider using the scout medical form.
- 1b. Dental exam made by your dentist with statement saying teeth have been checked and cared for.
6. Complete the aerobic fitness, muscular strength, flexibility, and body composition tests as described on pg. 63-66 and record your results in your book or notebook. In your notebook **IDENTIFY THOSE AREAS WHERE YOU FEEL YOU NEED TO IMPROVE.**

Bring or e-mail me your 12-week plan. It must include:

- **Cardiovascular endurance/aerobic exercise** (refer to pgs, 45-47 of merit badge book.) Specifically three to five times each week and 20-60 minutes each time. Exercise at an intensity that is 60-85% of your maximum heart rate (about 125-175 beats per minute). If possible, vary your plan and “cross-train” to prevent boredom, make it enjoyable and increase your chance of success.
- **Muscular Strength and Endurance** (refer to pgs. 48-49) these exercises should be done three to five times per week and can be done on the same or alternate days as your cardiovascular endurance exercise days. This could be something as simple as sit-ups, push ups, and pull ups, or more complicated weight training.
- **Flexibility** (refer to pgs 49-50 and 71-72) these exercises should be done three to five times per week. I have attached a handout that includes sample exercises, which may be utilized, **but the BSA guidelines include holding each stretch 15 – 30 seconds.**
- **Warm Up** (refer to pg. 47) A suitable warm-up includes five to ten minutes of low-intensity movements followed by stretching exercises. (Such as your flexibility exercise)
- **Cool Down** Please read the description on pg. 73.

Complete descriptions of your requirements are outlined in the Personal Fitness Merit Badge book.

- If you have your 12 week program thoroughly planned and ready to go, show me your log sheet. It should include the date, description of activity, and show comparative measurement (number of repetitions, time, distance, number of sets etc.) See pgs. 73-78 for further instructions/examples.
- Have you made your doctor and dentist appointments yet? You can download the B.S. Medical form from NWSC.org. Click on camps, click health forms, click need a BSA health form (Class 1 and 2)

A great way to complete the written requirements is to use the worksheets and on line assists at these sites:

http://www.geocities.com/havliceks/Personal_Fitness010.html?200512

Another excellent site that will make your completion of requirements easier is:

<http://www.meritbadge.com/files/mb-docs/PersonalFitness.doc> **You will find these sites enormously helpful in completing the badge.**

Move forward! I don't come to every meeting but will show up and meet with you if you email a request ahead of time, or call me.

Mrs. Paula B.