



Prerequisite Proof of Completion

Personal Fitness

Scout's name: _____

Date: _____

Troop: _____ Week: _____

Requirement 4: Determine with your counselor the assessments of physical fitness and nutrition you will do

Proof of Completion: Fill in the results in the chart below or on a similar chart you create yourself.

Aerobic Fitness Test	Result	Need to improve?
Record your performance on ONE of the following tests:		
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	Result	Need to improve?
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.)		

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.		

Requirement 5: Pre-Assessment of Physical Fitness:

- (a) Complete each of the assessments you defined in requirement 4, and record your results.
- (b) Identify your weakest and strongest area of physical fitness, and choose an area to target for improvement.
- (c) Keep a log of what you eat and drink for a period of three days.

Resource: [3-Day Food and Drink Log \(fillable\) \(PDF\)](#)

- (d) Based on your diet log, identify at least two improvement goals related to diet and nutrition.

Resource: [Food Groups and MyPlate \(video\)](#)

Goal 1-

Goal 2-

Requirement 6: Outline with your counselor a comprehensive 12-week physical fitness and nutrition program that you will complete based on your improvement goals and ability. The program must incorporate the following:

Resources: [12-Week Physical Fitness Program \(fillable\) \(PDF\)](#)

[Sample Full Workout—Warm-Up, Cardiorespiratory, Strength, Flexibility, and Cool-Down \(video\)](#)

[Sample Short Workout—Core Strength \(video\)](#)

[Sample Short Workout—Variety \(video\)](#)

7. Complete the Program. Do the following:

- (a) Complete and keep a log, over 12 consecutive weeks, of the physical fitness and nutrition program you have outlined. (If your program is interrupted by illness or unavoidable conflicts for less than two weeks, you may resume where you left off, adding the missed days or weeks at the end).

Resources: [Home Exercise Hacks \(playlist\)](#)

[How to Make Your Own Exercise Equipment \(video\)](#)

- (b) During week 4 and week 8 of your program, repeat the assessments you did in requirement 5(a) before you began. Repeat the same tests for a final assessment within two weeks after completing the 12-week program. Show improvement over your pre-assessment results.

(c) For three days during week 8, and again during week 12, keep a log of what you eat and drink. Show improvement toward the diet and nutrition goals you set in requirement 5(d).

(d) Discuss your results, improvements, insights, and experiences with your counselor after completing the program and assessments.