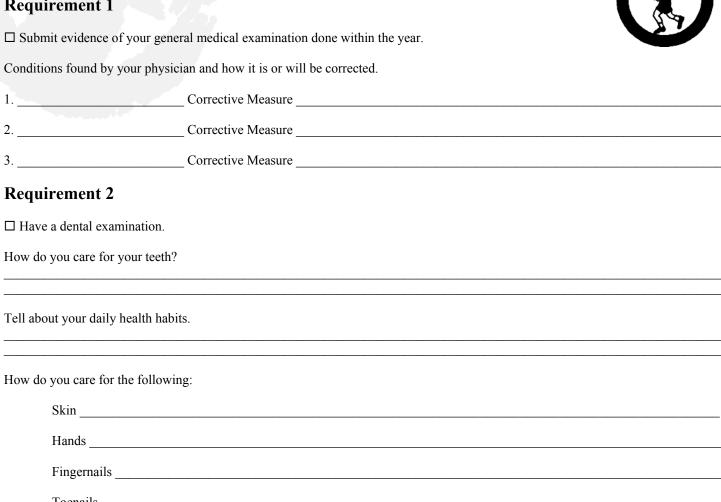
Scout Name	Unit #	Date

## Physical Fitness Merit Badge Worksheet

## **Requirement 1**



## **Requirement 3**

Explain how disease is spread by the following:

Drinking Water	 	
Common Drinking Cups		
Dirty Dishes		
Soiled Bath Towels		

Scout Name					Unit #	Date
Unj	pasteurized Milk					
Per	sonal Contact					
List the esse	ntial food for the		=	=		
-	you observe good	_				
List disease	which you may be	e immunized or	protected			
How can the	use of the follow	ring be harmful t	o you?			
Alc	oholic Drink					
Tol	pacco Product					
	clean moral habi					
The value of		•				
Requiren	nent 5					
-	best score for the	following:				
_			_	•		
Push-Ups	Jump-Reach	Run-Walks	Sit-Ups			
Set a goal to	reach during the	next 30 days (co	onsult your c	ounselor in setting your goal)		
Push-Ups	Jump-Reach	Run-Walks	Sit-Ups	1		
i usii-Ops	oump-ixeach	ivuii- ** aik3	Sit-Oh2	Ĭ		

Perform daily exercise and keep a record for 30 days (next page) or until your goals are met.

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Scout Name	Jnit#	Date

Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups	Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups
1					16				
2		X 7/2			17				
3					18				
4					19				
5	,A-1				20				
6					21				
7					22				
8					23				
9					24				
10					25				
11					26				
12					27				
13					28				
14					29				
15					30				

## Requirement 6

Physical fitness test. Earn a minimum 200 points out of five or less events.

Performance (P)	Points	
	+	1
		Max. 50 Po
	Performance (P)	Performance (P) Points

ARM STRENGTH EVENTS (Maximum 50 Points)	Performance (P)	Points	]
Pull-Ups (record performance: number of repetitions) 10 points for each pull-up			
Push-Ups (record performance: number of repetitions) 2 points for each push-up			
Archery (record performance: number of bulls-eye) 5 points for each bulls-eye			
TOTAL POINTS			Max. 50 Poir

Scout Name	Unit	#	Date
ABDOMINAL POWER (Maximum 50 Points)	Performance	Points	
Bent-Knee Sit-Ups (record performance: number of repetitions)			
1 point for each sit up			Max. 50 Points
SPEED RUNNING (Maximum 50 Points)	Performance	Points	
50-Yard Dash (record performance: time in 1/10 of a second)			
2 points for each 1/10 of a second faster than 11 seconds			
40-Yard Shuttle Run (record performance: time in 1/10 of a second) 2 points for each 1/10 of a second faster than 15 seconds			
2 points for each 1/10 of a second faster than 15 seconds			
TOTAL POINTS			Max. 50 Points
ENDURANE RUNNING or WALKING (Maximum 50 Points)	Performance	Points	
600-Yard Run-Walk (record performance: time in seconds)			
1 point for each second faster than 3 minutes and 30 seconds			
1-Kilometer Walk (record performance: time in minutes)			
10 points for each minute faster than 20 minutes			
TOTAL POINTS			Max. 50 Points
			Max. 30 I dilits
JUMPING (Maximum 50 Points)	Performance	Points	
Standing Long Jump (record performance: distance in inch)			
5 points for each inch over 4 feet			
Vertical Jump and Reach (record performance: height in inch)			
5 points for each inch over 7 inches			
TOTAL POINTS			Max. 50 Points
BODY COORDINATION (Maximum 50 Points)	Performance	Points	
Basketball Throw (record performance: distance in feet)			
2 points for each feet over 30 feet			
Softball Throw (record performance: distance in feet)			
1 point for each foot over 70 feet			
Archery (record performance: number of bulls-eye)			
5 points for each bulls-eye			
TOTAL POINTS			Max. 50 Points
			Max. 30 Fullts
GRAND TOTAL (No More than Five Events)			
- (			
Requirement 7			

 $\square$  Explain in a discussion with your counselor how a Scout can serve others by being physically fit.