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Personal fitness is an individual effort and desire to be the best one can be. Regardless of their current levels of personal fitness, in the twelve weeks it will take Scouts to complete the athletic requirements for this merit badge, they will be in better shape, feel better about themselves, have more energy, and gain self-confidence in their overall abilities.

Personal Fitness - MeritBadgeDotOrg

The test is computer-adaptive, meaning the difficulty of the questions being asked are determined by how well the test taker did on the previous questions on the test. Taking numerous COMPASS practice tests is recommended for test day success. COMPASS Exam Study Guide

COMPASS Practice Test Questions (Prep for the COMPASS Test)

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Orienteering - MeritBadgeDotOrg

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Clifton Personal Trainer - Personal Trainers in Clifton, NJ

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