

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet.

This Workbook can help you organize your thoughts as you prepare to meet with your merit badge counselor

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. You should use the work space provided for each requirement to keep track of which requirements have been completed, and to make notes for discussing the item with your counselor, not for providing full and complete answers.

If a requirement says that you must take an action using words such as "discuss", "show",

"tell", "explain", "demonstrate", "identify", etc, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub.# 33216) and/or on Scouting.org.

The requirements were last issued or revised in 2023

• This workbook was updated in December 2022.

Scout's	Name:_			Unit:	
Counse	elor's Nam	ne:	Phone No.:	Email:	
Coi				e merit badge should be sent to: Morkbooks@USS	
Note:	does no be agai	ot have t inst relig	o be done if the Scout's parents and the բ	against the Scout's religious convictions proper religious advisors state in writing t ust also accept full responsibility for anyt	hat to do so would
1.	Do the f	following.			
	☐ a.	a. Before completing requirements 2 through 9, have your health-cusing the Scout medical examination form	our health-care practitioner give you a physic	are practitioner give you a physical examination	
		Explain			
		1.	Why physical exams are important		

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villy pic	ventive habits are important:
effect o	tobacco products, alcohol, and other harmful substances:
Disease	s that can be prevented and how
The 7 w	aming cians of course
	arning signs of cancer.
	arning signs of cancer:
1.	arning signs of cancer.
1. 2.	aming signs of cancer.
1.	arning signs of cancer.
1. 2.	aming signs of cancer.
1 2 3	arning signs of cancer.
1 2 3 4 5	arning signs of cancer.
1 2 3 4 5 6	arning signs of cancer.
1	
1	th risk factors that affect cardiovascular fitness in adulthood
1	
1	
1	
1	
1	
1	

3. With your counselor, answer and discuss the following questions:

Alcohol:

a. Are you living in such a way that your risk of preventable diseases is minimized?

b. Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your parent(s)/guardian(s)?

c. Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?

Nutrition:

Tobacco:

Drugs:

Other practices:

What are the advantages to getting a full night's sleep?

e. Define a nutritious, balanced diet and why it is important.

- f. Do you participate in a regular exercise program or recreational activities?
- What are you doing to demonstrate your duty to God?
- h. Do you spend quality time with your family and friends in social and recreational activities?
- Do you support family activities and efforts to maintain a good home life?

- 4. Explain the following about physical fitness: The areas of physical fitness b. Your weakest and strongest area of physical fitness The need to have a balance in the four areas of physical fitness d. How a program like the President's Council on Sports, Fitness & Nutrition can lead to lifelong healthful habits e. How the areas of personal fitness relate to the Scout Laws and Scout Oath
- 5. Explain the following about nutrition:
 - The importance of good nutrition

b.	What good nutrition means to you	
C.	How good nutrition is related to the other components of personal fitness	
.i	House an aintein a localith consiste	
d.	How to maintain a healthy weight	
☐ 6. Before	doing requirements 7 and 8, Do the following:	
a.	Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the <i>P</i> badge pamphlet. Record your results and identify those areas where you feel you need to	
	Aerobic Fitness Test Record your performance on ONE of the following tests:	Need to improve?
	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	
	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-You may also do all three for extra experience and benefit.	ups or pull-ups).
	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	
	Personal Fitness 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.	

Scout's Name:

b. Keep track of what you eat and drink for three days.

Day 2	Day 3
want to work on.	
	want to work on.

7. Outline a comprehensive12-week physical fitness program using the results of your physical fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.

Warm-up:			
Aerobic Exercises:			
Strength Exercises:			
ŭ			
Flexibility Exercises:			
Cool-Down:			

2.

				Scout's Name):	
Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests eveks and record your results. After the 12th week, repeat all of the required activities in each of the three test cate						heart rate; e ility tests eve
record your results, and show improvement in each one. FITNESS MEASUREMENTS						
Test Results	Initial Results	12 Week Goals	Week 4	Week 8	Week 12	Change
Date				-		
9 Min. Run/walk -or-						
1 mi. Run/walk (time)						
Flexibility Reach (cm)						
Sit-ups in 60 sec						
Pull-ups in 60 sec -or-						
Push-ups in 60 sec						
Discuss the meaning and be	enefit of your ex	perience, and de	escribe your lor	ng-term plans re	egarding your p	ersonal fitne
Discuss the meaning and b	enefit of your ex	operience, and de	escribe your lor	ng-term plans re	egarding your p	ersonal fitne
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onal Fitness	Scout's Name:						
. Find out about three career opportunities in	n personal fitness.						
1.							
2.							
3.							
Pick one and find out the education, training, and experience required for this profession.							
Profession picked:	<u>g,</u>						
Education							
Training							
Experience							
Discuss what you learned with your counse	elor, and explain why this profession might interest you.						

When working on merit badges, Scouts and Scouters should be aware of some vital information in the current edition of the *Guide to Advancement* (BSA publication 33088). Important excerpts from that publication can be downloaded from http://usscouts.org/advance/docs/GTA-Excerpts-meritbadges.pdf.

You can download a complete copy of the Guide to Advancement from http://www.scouting.org/filestore/pdf/33088.pdf.

SAMPLE FITNESS PROGRAM ACTIVITY LOG (Page 1)

Day	Fitness Program Activity & Notes	Distance	Duration	Repetitions	Heart Rate
Neek 1					
Maak 0					
Week 2					
Week 3					
Week 4					
VVCCK 4					

Day	Fitness Program Activity & Notes	Dietance	Duration	<u>ye z)</u> Papatitions	Heart Rate
Day	Filliess Frogram Activity & Notes	Distance	Duration	Repetitions	Heart Nate
Veek 5					
Veek 6				L	
Veek 0					
Neek 7					
Veek 8					

Day	Fitness Program Activity & Notes	Dietanca	Duration	<u>ge 3)</u> Repetitions	Heart Rate
	Titiless Flogram Activity & Notes	Distance	Duration	Repetitions	ricari Nate
Veek 9					
Nook 10		I			
Veek 10					
Week 11	·	<u>.</u>			
Veek 12					