**Personal Fitness Merit Badge**

**Fitness Evaluation and Plan**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Activity | Baseline (BL) | 2nd Week | 4th Week | 6th Week | 8th Week | Goal |
| 1-Mile Run/Walk (time) |  |  |  |  |  |  |
| Sit-ups (reps) |  |  |  |  |  |  |
| Push-ups (reps) |  |  |  |  |  |  |
| Sit and Reach (distance in centimeters) |  |  |  |  |  |  |
| BMI (actual)\* |  |  |  |  |  |  |

\* Download the BMI calculator from the Personal Fitness web page on meritbadgeclass.com and record your actual BMI in the chart above. The target BMI zone is 18.5 to 24.9.

Week # 1

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 30 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 20 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 30 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 30 seconds |  |  |  |  |  |  |  |
| Sit and reach | 30 seconds |  |  |  |  |  |  |  |
| 1-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 2

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 30 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 20 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 45 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 45 seconds |  |  |  |  |  |  |  |
| Sit and reach | 45 seconds |  |  |  |  |  |  |  |
| 1-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 3

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 45 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 25 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 45 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 45 seconds |  |  |  |  |  |  |  |
| Sit and reach | 45 seconds |  |  |  |  |  |  |  |
| 1.5-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 4

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 45 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 25 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 45 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 45 seconds |  |  |  |  |  |  |  |
| Sit and reach | 45 seconds |  |  |  |  |  |  |  |
| 1.5-Mile Run/Walk | 1 | 1.5 |  |  |  |  |  |  |  |

Week # 5

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 45 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 30 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 45 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 45 seconds |  |  |  |  |  |  |  |
| Sit and reach | 45 seconds |  |  |  |  |  |  |  |
| 2-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 6

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 45 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 30 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 60 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 60 seconds |  |  |  |  |  |  |  |
| Sit and reach | 60 seconds |  |  |  |  |  |  |  |
| 2-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 7

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 60 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 35 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 60 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 60 seconds |  |  |  |  |  |  |  |
| Sit and reach | 60 seconds |  |  |  |  |  |  |  |
| 2.5-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |

Week # 8

Dates (Monday thru Sunday): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Circuit | Sets | Reps/Time | M | T | W | TH | F | SAT | SUN |
| Jumping Jacks | 1 | 50 |  |  |  |  |  |  |  |
| Strait Arm Plank Hold | 5 | 60 seconds |  |  |  |  |  |  |  |
| Sit-ups | BL – 0.5 |  |  |  |  |  |  |  |
| Push-up | BL – 0.5 |  |  |  |  |  |  |  |
| Leg lifts | 35 |  |  |  |  |  |  |  |
| Hurdle stretch right | 5 | 60 seconds |  |  |  |  |  |  |  |
| Hurdle stretch left | 60 seconds |  |  |  |  |  |  |  |
| Sit and reach | 60 seconds |  |  |  |  |  |  |  |
| 2.5-Mile Run/Walk | 1 | 1 |  |  |  |  |  |  |  |