**Personal Fitness Merit Badge**

**Requirement 1a**

Write down or enter your thoughts about the following questions:

1. Why are physical exams important?

2. Why are preventive habits, like exercising regularly and eating the right foods, important in maintain good health?

3. How do tobacco products, alcohol, vaping, drugs, and other harmful substances negatively affect your body and mind?

4. What are some diseases that can be prevented and how?

5. What are the seven warning signs of cancer?

6. What are some risk factors that affect cardiovascular fitness when becoming an adult?

**Requirement 1b**

Write down or enter your thoughts about the following questions:

1. What are some methods for caring for your teeth?

**Requirement 2**

Write down or enter your thoughts about what personal fitness means to you and include the following details:

1. What are some components of personal fitness?

2. What are some reasons for being fit in all components?

3. What does it mean to be mentally healthy?

4. What does it mean to be physically healthy?

5. What does it mean to be socially healthy?

6. What can you do to prevent social, emotional, or mental challenges?

**Requirement 3**

Write down or enter your thoughts about the following questions:

1. Are you free from all curable diseases? Are you living in such a way that your risk of preventable diseases is minimized?

2. Are you immunized and vaccinated according to the advice of your health-care provider?

3. Do you understand the meaning of a nutritious diet and know why it is important for you? Does you diet include foods from all food groups?

4. Are your body weight and composition what you would like them to be? Do you know how to modify your body weight and composition safely through diet, exercise, and lifestyle?

5. Do you carry out daily activities without noticeable effort? Do you have extra energy for other activities?

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

7. Do you participate in a regular exercise program or recreational activities?

8. Do you sleep well at night and wake up feeling ready to start a new day?

9. Are you actively involved in the religious organization of your choice and do you participate in its youth activities?

10. Do you spend quality time with your family and friends in social and recreational activities?

11. Do you support family activities and efforts to maintain a good home life?

**Requirement 4**

Write down or enter your thoughts about physical fitness and include the following details:

1. What are the components of physical fitness?

2. What are your weakest and strongest component of physical fitness?

3. Why should we have the need to have a balance in all four components of physical fitness?

4. How do the components of personal fitness relate to the Scout Law and Oath?

**Requirement 5**

Write down or enter your thoughts about nutrition and include the following details:

1. Why is good nutrition important?

2. What does good nutrition mean to you?

3. How is good nutrition related to the other components of personal fitness?

4. What are the three components of an acceptable weight control program?

**Requirement 6**

Complete the fitness test outlined on the Fitness Evaluation form. You may download this form from the Personal Fitness web page on meritbadgeclass.com.

**Requirement 7**

Download and follow the comprehensive fitness plan featured on the Personal Fitness web page on meritbadgeclass.com.

**Requirement 8**

Complete the fitness plan featured on the Personal Fitness web page on meritbadgeclass.com.

**Requirement 9**

In the space below, identify 3 different career opportunities in personal fitness. Out of those 3, pick one and define the required education, training, and experience required for the profession you chose.

Personal Fitness Career Opportunities:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Communication Profession: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| Education | Training | Experience |
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Why did the above career or profession interest you?