



Personal Fitness Merit Badge Class (Virtual)

Session	In-Class Topics/Activities	Homework
Pre-session		Be prepared to answer the questions featured under Requirements 1 and 2 in your merit badge class packet. It is strongly suggested that you write down your answers in advance.
1.	Introductions About this class Going to the Dr. and physical exams Complete requirement 1 What does personal fitness mean to you? Complete requirement 2	Be prepared to answer the questions featured under Requirement 3 in your merit badge class packet. It is strongly suggested that you write down your answers in advance.
2.	Discuss questions for Requirement 3 Complete requirement 3 Discuss physical fitness Complete requirement 4 Discuss nutrition Complete requirement 5 Prepare for fitness evaluation and review proper techniques. Using the BMI calculator	Download the BMI calculator from the merit badge class website and use it to calculate your BMI. Using the Fitness Evaluation and Plan worksheet, under the Requirement 6 area, in your merit badge class packet, do a self-fitness evaluation and record your results on the worksheet. Send an image or digital version of the worksheet with your results to Mr. I.
3.	Discuss your fitness evaluation experience and 8-week goals. Complete requirement 6 Review the fitness plan worksheets. Discuss careers opportunities. Complete requirement 9	Every 2 weeks do the self-fitness evaluation and record your results on the worksheet. Send an image or digital version of the worksheet, with your results, to Mr. I. Send your results every two weeks.
4.	Discuss your fitness training experience and long-term plans for your personal fitness. Complete requirement 7 Complete requirement 8 Merit Badge Complete	

Note: all class resources can be found on the [meritbadgeclass.com](http://www.meritbadgeclass.com) Communication webpage (scroll to bottom). <http://www.meritbadgeclass.com/personal-fitness>.