



# Personal Fitness

Scouts BSA · Health &amp; Safety · Eagle-required

Name

Started

Completed

Personal Fitness helps you build healthy habits that make you stronger and feel better. You'll check where you are now, set goals, and follow a plan for 12 weeks. It's about your own progress, not comparing yourself to anyone else.

## Requirements

Every official requirement, in plain language. Check the official wording when you sign off ([scouting.org/merit-badges/personal-fitness/](https://scouting.org/merit-badges/personal-fitness/)). Tips and examples are ideas, not extra requirements.

### 1 What personal fitness means to you

**Tips for this section:** Think about what being fit means for you, like having energy for hikes or feeling good about yourself.

**Example for this section:** Fitness might mean having the energy to keep up on a 10-mile hike, sleeping better, or feeling confident in gym class. Write a few sentences about what it means for you right now and what you'd like it to mean in a year.

- ☐ **1a** Tell your counselor what a physically fit person is like

- ☐ **1b** Tell your counselor what a mentally, emotionally, and socially fit person is like

- ☐ **1c** Tell your counselor what a spiritually fit person is like

- ☐ **1d** Explain why it matters to be fit in every one of these ways

- ☐ **1e** Discuss how each kind of fitness connects to the Scout Oath and Scout Law

## 2 Checkups

**Tips for this section:** Schedule your checkups and ask your doctor or dentist a question or two while you're there.

- ☐ **2a** With your counselor, discuss why a yearly physical exam matters and why it reviews your medical history, allergies, medications, immunizations, and general health. Say when you last had a physical

- ☐ **2b** Explain why regular dental checkups matter, what preventive or corrective care a dentist can give, and why daily care of your teeth and mouth keeps you well. Say when you last saw a dentist

### 3 Your fitness knowledge and habits

**Tips for this section:** Talk with a parent about healthy habits you already have and one you'd like to build.

**Example for this section:** Bring a short list to your counselor: one habit you already have (walking the dog daily), one you want to build (water instead of soda), and one thing you'll avoid and why, like vaping, alcohol, or energy drinks.

- ☐ **3a** With your counselor, explain the exercise you do regularly, whether it covers all four parts of fitness (cardiorespiratory, muscular strength and endurance, flexibility, body composition), and how your habits raise or lower your chances of heart disease or other conditions as an adult

- ☐ **3b** With your counselor, discuss the harmful substances you choose to avoid and how that affects your risks now and later

- ☐ **3c** With your counselor, explain which common diseases vaccines can prevent or lessen, and whether you're immunized as your healthcare provider advises and your parent or guardian directs

- ☐ **3d** With your counselor, discuss how nutrition ties into the other parts of fitness, and whether you eat a balanced, nutritious diet

- ☐ **3e** With your counselor, talk about the right healthy weight for you and how you stay there

- ☐ **3f** With your counselor, explain why enough sleep matters and whether you get enough each night

- ☐ **3g** With your counselor, discuss whether you spend good time with family and friends in social and fun activities, and how you help make home life good

- ☐ **4** With your counselor, decide which fitness and nutrition assessments you'll do before, during, and after the 12-week program in requirement 7. Include 4a through 4c

**Tip:** Sit down with your counselor early so you both agree on which assessments you'll do.

- ☐ **4a** A cardiorespiratory (aerobic) test: time yourself walking or running a mile as fast as you can. If a permanent disability, or one expected to last over two years, prevents this, set up a similarly challenging aerobic test with your counselor

- ☐ **4b** Two strength and endurance tests: sit-ups in 60 seconds or how long you hold a plank, AND push-ups or pull-ups in 60 seconds. If you can't do one safely and correctly, pick a different strength and endurance test with your counselor

- ☐ **4c** One or more flexibility tests, like the back scratch test or the back-saver sit-and-reach

## 5 Before the program

**Tips for this section:** Write down everything you eat for three days, including snacks and drinks. Be honest; it's just for you.

**Example for this section:** Your three-day food log could note breakfast at 7, a granola bar at 10, school lunch, chips after school, dinner, and a late snack, plus water and drinks. Look for patterns like skipped breakfast or no vegetables until dinner.

- ☐ **5a** Before starting the 12-week program, do every assessment you chose in requirement 4 and write down your results

- ☐ **5b** Find your strongest and weakest areas of physical fitness, and pick one area to work on improving

- ☐ **5c** Log everything you eat and drink for three days

- ☐ **5d** Using your food log, set at least two diet and nutrition goals for improvement

- ☐ **6** With your counselor, outline a complete 12-week fitness and nutrition program based on your goals and abilities. It must include 6a through 6f

**Tip:** Plan workouts you'll actually enjoy, and write them on a calendar where you'll see them.

**Example:** A sample week: Monday and Thursday push-ups, squats, and planks; Tuesday, Friday, and Saturday a 25-minute jog or bike ride; Wednesday stretching. Warm up before and cool down after each workout. Add your two nutrition goals, like a fruit or vegetable at every meal and water instead of soda.

- ☐ **6a** A warm-up of easy movement or gentle stretching before each harder workout

- ☐ **6b** Aerobic exercise that gets your heart and breathing up for 15 to 30 minutes, three or more times a week

- ☐ **6c** Strength and endurance exercises done in repetitions, aimed at muscle groups such as your legs, core, or upper body, based on your goals and potential

- ☐ **6d** Flexibility moves that arch, lower, stretch, or relax your back, twist your trunk, or stretch your hamstrings

- ☐ **6e** A cool-down of easy movement or gentle stretching to prevent cramps and get more benefit from exercise

- ☐ **6f** A plan for reaching your two diet and nutrition goals

## 7 Do the program

**Tips for this section:** Track each workout in a log or app. Check in with your counselor along the way so you stay on track.

**Example for this section:** Keep a log with date, activity, time or reps, and how you felt. Retest in weeks 4 and 8 and again right after week 12, and compare each with your starting results. Then talk with your counselor about what worked and what you'd change.

- ☐ **7a** Follow your program for 12 weeks in a row and keep a log. If illness or an unavoidable conflict interrupts it for under two weeks, you may pick up where you stopped and add the missed time at the end

- ☐ **7b** Repeat your requirement 5a assessments in week 4 and week 8, and again within two weeks after finishing the program. Show improvement over your starting results

- ☐ **7c** Log what you eat and drink for three days in week 8 and three days in week 12. Show progress toward your requirement 5d nutrition goals

- ☐ **7d** After the program and assessments, talk with your counselor about your results, improvements, what you learned, and how it went

## 8 Careers or lifestyle: Choose 1 of 2

**Tips for this section:** Look into careers like coach, trainer, or physical therapist, or try a new sport you could keep doing.

- ☐ **8a** Look into three fitness-related careers, then dig into one through an expert interview, a site visit, or other sources: training, education, costs, job outlook, pay, and advancement. Discuss what you learned and your interest with your counselor

- ☐ **8b** Look into how some part of personal fitness could add to a hobby or healthy lifestyle. Research the education, costs, and organizations involved, and discuss what you found and your goals with your counselor