

Personal Fitness Merit Badge

This Eagle Scout required badge is one you may want/need to obtain the BSA merit badge handbook in order to complete. There are many discussion items and specifics regarding fitness testing which you will need to review in order to complete the badge. Buy, borrow from a friend, or check out from the Public Library a current copy for reference.

Remember, before doing requirements 7 and 8, you must complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve. (See Personal Fitness Merit Badge Pamphlet, pp. 47 – 60.

Once your tests have been completed, prepare your Personal Fitness Program explaining what you plan to accomplish, and how you plan on achieving your goal. Once your plan is on paper, you may find the excel worksheet helpful in preparing your schedule and documenting your progress towards successfully completing your Fitness Program.

Your Personal Fitness Program must be completed and approved by your Merit Badge Counselor ***BEFORE*** you can begin your required workouts for merit badge credit.

http://meritbadge.org/wiki/index.php/Main_Page

www.MeritBadge.com

http://meritbadge.org/wiki/index.php/Personal_Fitness

Merit Badge Requirements

http://meritbadge.org/wiki/images/4/44/Personal_Fitness.pdf

Merit Badge Workbook