



Personal Fitness

Merit Badge Workbook

Requirements current as of 2026

Unofficial study aid • Not affiliated with or endorsed by Scouting America



This workbook can help you, but you still need to read the merit badge pamphlet.
It can help you organize your thoughts as you prepare to meet with your merit badge counselor.

Merit Badge Counselors may not require the use of this or any similar workbooks.

You still must satisfy your counselor that you can demonstrate each skill and have learned the information. Use the space provided for each requirement to keep track of what you have completed and to make notes for discussing it with your counselor, not for providing full and complete answers. Where a requirement says to discuss, explain, describe, or tell, that is what you must do.

No one may add or subtract from the official requirements found in Scouts BSA Requirements (Pub. 33216) and on [Scouting.org](https://www.scouting.org).

The requirements were last revised January 1, 2026 • This workbook was updated in October 2026.

Scout's Name: Unit: Date Started:

Counselor's Name: Phone No.: Email:

Made by Cole at [ScoutSmarts.com](https://scoutsmarts.com), an Eagle Scout who's earned this badge too. Spot an error? Tell me at scoutsmarts.com/contact.

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1. **Defining Personal Fitness.** Explain to your counselor what personal fitness means to you, including:

- ☐ a. Describe a person who is physically fit.

Scouting America resources: [Being Physically Fit \(PDF\)](#)

- ☐ b. Describe a person who is mentally, emotionally and socially fit.

Scouting America resources: [Being Mentally, Emotionally, and Socially Fit \(video\)](#)

- ☐ c. Describe a person who is spiritually fit.

Scouting America resources: [Being Spiritually Fit \(video\)](#)

- ☐ d. Explain why it is important to be fit in all of these ways.

Scouting America resources: [Being Fit Overall \(video\)](#)

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- ☐ e. Discuss how each aspect of personal fitness relates to the Scout Oath and Scout Law.

Scouting America resources: [The Scout Oath \(video\)](#)

2. Monitoring Your Health. Do the following:

- ☐ a. Discuss with your counselor the importance of having a physical examination each year. Discuss why overall health, immunizations, medications, allergies, and medical history are covered during an examination. Tell your counselor when you last underwent a physical examination.

Scouting America resources: [Annual Physical Exam \(website\)](#)

Date of my last physical examination:

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- ☐ b. Explain why it is important to have a routine dental examination. Explain what preventive or corrective treatments your dentist can provide, and why daily oral care is an important part of staying well. Tell your counselor when you last underwent a dental examination.

Scouting America resources: [Dental Health \(video\)](#) • [Here's What Happens if You Stopped Brushing Your Teeth \(video\)](#)

Date of my last dental examination:

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3. Your Fitness Knowledge and Habits. Do the following with your counselor:

Tip: Requirements 1, 2, and 3 are all discussions. Bring notes on your exercise, sleep, and eating habits, and cover them in one or two counselor meetings while your 12 weeks run.

- ☐ a. Explain the physical exercise you regularly do, whether your routine includes all four components of physical fitness (cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition), and how your current practices increase or decrease your likelihood of developing cardiovascular disease or other conditions in adulthood.

Scouting America resources: [Benefits of Exercise \(video\)](#)

- ☐ b. Discuss what harmful substances you consciously avoid, and how these actions affect your risk factors now and in the future.

Scouting America resources: [Substance Use and Abuse \(video\)](#)

- ☐ c. Explain what common diseases can be prevented or mitigated by vaccinations, and whether you are immunized according to the advice of your healthcare provider and the direction of your parent or guardian.

Scouting America resources: [How Do Vaccines Work? \(video\)](#)

- ☐ d. Discuss how good nutrition is related to the other components of personal fitness, and if you follow a nutritious, balanced diet.

Scouting America resources: [How the Food You Eat Affects Your Brain \(video\)](#)

- ☐ e. Discuss what a healthy weight is for you, and what you do to maintain a healthy weight.

Scouting America resources: [Body Mass Index \(BMI\) Calculator \(website\)](#) • [Your Body Composition \(video\)](#)

- ☐ f. Explain why getting adequate sleep is important, and whether you get enough hours of sleep each night.

Scouting America resources: [Tips for Getting Enough Sleep \(video\)](#)

- ☐ g. Discuss whether you spend quality time with your family and friends in social and recreational activities, and how you contribute to creating and maintaining a good home life.

Scouting America resources: [Spending Time With Family \(video\)](#)

4. Measures of Physical Fitness. Determine with your counselor the assessments of physical fitness and nutrition you will do before, during, and after completing the 12-week program in requirement 7.

Scouting America resources: [Measures of Physical Fitness \(fillable\) \(PDF\)](#)

Tip: Meet with your counselor before you log a single workout. Agreeing on your tests now makes sure everything you track later counts.

- ☐ a. Include a measure of cardiorespiratory (aerobic) fitness: Record the time required to complete a mile walk or run as fast as you can. If you are unable to walk or run as a result of a disability that is permanent or is expected to last for longer than two years, work with your counselor to define a test with a similar degree of aerobic challenge.

Scouting America resources: [1-Mile Walk/Run - Compare Results \(PDF\)](#)

☐ 1-mile walk or run ☐ Alternative test:

- ☐ b. Include two measures of muscular strength and endurance: Record either the number of sit-ups done in 60 seconds OR how long a plank was held; AND, record the number of either push-ups OR pull-ups done in 60 seconds. If you are unable to complete one of these exercises safely and correctly, work with your counselor to replace it with a different exercise that measures strength and endurance.

Scouting America resources: [Sit-Up \(video\)](#) • [Plank \(video\)](#) • [Pull-Up \(video\)](#) • [Push-Up \(video\)](#) • [Muscular Strength - Compare Results \(PDF\)](#)

Measure 1: ☐ Sit-ups in 60 seconds

☐ Plank hold time

☐ Other:

Measure 2: ☐ Push-ups in 60 seconds

☐ Pull-ups in 60 seconds

☐ Other:

- ☐ c. Include at least one measure of flexibility, such as a back-saver sit-and-reach test or a back scratch test.

Scouting America resources: [Flexibility - Compare Results \(PDF\)](#) • [Back Scratch Test \(video\)](#) • [Back-Saver Sit-and-Reach Test \(video\)](#)

☐ Back-saver sit-and-reach

☐ Back scratch test

☐ Other:

Nutrition assessments my counselor and I agreed on:

5. Pre-Assessment of Physical Fitness. Before beginning the 12-week program in requirement 7, do the following:

Tip: Do every assessment at about the same time of day and in similar conditions. That way your improvement at weeks 4, 8, and 12 is easy to see.

- ☐ a. Complete each of the assessments you defined in requirement 4, and record your results.

Record your pre-assessment results in the first column. Come back to this table for the week 4, week 8, and final assessments in requirement 7(b).

Physical Fitness Assessment Results

Assessment	Pre-Assessment	Week 4	Week 8	Final	Improved?
Date					
1-mile walk or run time					
Strength measure 1					
Strength measure 2					
Flexibility					

- ☐ b. Identify your weakest and strongest area of physical fitness, and choose an area to target for improvement.

Strongest area:

Weakest area:

Area I will target for improvement:

- ☐ c. Keep a log of what you eat and drink for a period of three days.

Scouting America resources: [3-Day Food and Drink Log \(fillable\) \(PDF\)](#)

3-Day Food and Drink Log (before the program)

	Day 1	Day 2	Day 3
Date			
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			

- ☐ d. Based on your diet log, identify at least two improvement goals related to diet and nutrition.

Scouting America resources: [Food Groups and MyPlate \(video\)](#)

Goal 1:

Goal 2:

6. **Plan the Program.** Outline with your counselor a comprehensive 12-week physical fitness and nutrition program that you will complete based on your improvement goals and ability. The program must incorporate the following:

Scouting America resources: [12-Week Physical Fitness Program \(fillable\) \(PDF\)](#) • [Sample Full Workout—Warm-Up, Cardiorespiratory, Strength, Flexibility, and Cool-Down \(video\)](#) • [Sample Short Workout—Core Strength \(video\)](#) • [Sample Short Workout—Variety \(video\)](#)

Tip: Already have sports practice, PE, or marching band? Ask your counselor if it can count toward your cardio or strength work, then fill the gaps with short home workouts.

- ☐ a. Warm-up: low-intensity movement or gentle muscle stretching before each more rigorous workout

- ☐ b. Cardiorespiratory (aerobic) element: an activity that raises your heart and respiratory rate for 15 to 30 minutes at least three times per week

- ☐ c. Muscular strength and endurance element: repetitive exercises that target different muscles—upper body, core, and/or legs—based on your improvement goals and potential

Scouting America resources: [Deadlift \(video\)](#) • [Lunge \(video\)](#) • [Row \(video\)](#) • [Squat \(video\)](#) • [Muscular Strength \(video\)](#) • [Farmer's Carry \(video\)](#)

- ☐ d. Flexibility element: movements that arch/lower/stretch/relax your back, rotate your trunk, or stretch your hamstrings

Scouting America resources: [Flexibility Exercises \(video\)](#)

- ☐ e. Cool-down: low-intensity movement or gentle stretching to prevent muscle cramps and enhance the benefits of exercise

- ☐ f. A plan for achieving your two improvement goals related to diet and nutrition

Scouting America resources: [Pick Your Plate Game \(website\)](#)

Date my counselor approved this plan:

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7. Complete the Program. Do the following:

Tip: Send your logs to your counselor around week 5 or 6. Fixing a problem at week 6 is a lot easier than redoing weeks at the end.

- ☐ a. Complete and keep a log, over 12 consecutive weeks, of the physical fitness and nutrition program you have outlined. (If your program is interrupted by illness or unavoidable conflicts for less than two weeks, you may resume where you left off, adding the missed days or weeks at the end.)

Scouting America resources: [Home Exercise Hacks \(playlist\)](#) • [How to Make Your Own Exercise Equipment \(video\)](#)

Summarize each week below. If your counselor wants day-by-day detail, keep it in a notebook or app.

12-Week Program Log

Week	Dates	Cardiorespiratory	Strength & Endurance	Flexibility	Nutrition Goals	Notes
1						
2						
3						
4						
5						
6						
7						
8						

12-Week Program Log (continued)

Week	Dates	Cardiorespiratory	Strength & Endurance	Flexibility	Nutrition Goals	Notes
9						
10						
11						
12						

- ☐ b. During week 4 and week 8 of your program, repeat the assessments you did in requirement 5(a) before you began. Repeat the same tests for a final assessment within two weeks after completing the 12-week program. Show improvement over your pre-assessment results.

Record these results in the Physical Fitness Assessment Results table in requirement 5(a).

Where I improved:

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- ☐ c. For three days during week 8, and again during week 12, keep a log of what you eat and drink. Show improvement toward the diet and nutrition goals you set in requirement 5(d).

3-Day Food and Drink Log (week 8)

	Day 1	Day 2	Day 3
Date			
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			

3-Day Food and Drink Log (week 12)

	Day 1	Day 2	Day 3
Date			
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			

Progress toward my diet and nutrition goals:

- ☐ d. Discuss your results, improvements, insights, and experiences with your counselor after completing the program and assessments.

8. Future Career or Lifestyle. Do ONE of the following:

- ☐ a. Explore three careers related to personal fitness. Research one career area by interviewing an expert in the field, visiting a site, or using other resources. Learn about training, education, expenses, job outlook, salary, and advancement. Discuss your findings and career interest with your counselor.

Scouting America resources: [Careers Related to Personal Fitness \(video\)](#)

1. 2. 3.

Career I researched, and how:

Training, education, expenses, job outlook, salary, and advancement:

- ☐ b. Explore how an area of personal fitness could contribute to a hobby or healthy lifestyle. Research education, costs, and organizations related to this activity. Discuss your findings and goals with your counselor.

Scouting America resources: [Seated Wheelchair Workout \(video\)](#) • [Seated Cardio Workout \(video\)](#)

Hobby or activity:

Education, costs, organizations, and my goals:

Counselor Sign-Off

Your counselor signs your blue card or approves the badge in Scoutbook, and your unit records it. This sign-off is for your own records.

Counselor's Signature:

Date Completed:

Official Scouting America Resources

- [Personal Fitness merit badge pamphlet \(free PDF\)](#)
- [Personal Fitness requirements and resources \(Scouting.org\)](#)
- [All merit badges \(Scouting.org\)](#)

More help: [Personal Fitness Merit Badge Guide](#) (ScoutSmarts.com)