

Personal Fitness

Merit Badge Workbook

Merit badges are earned by doing: reading the pamphlet, practicing the skills, and showing your counselor what you have learned.
This workbook gives you a place to organize your notes and track your progress along the way.
Merit badge counselors may not require the use of this or any similar workbook.
You still must satisfy your counselor that you can demonstrate each skill and have learned the information.
Use the space under each requirement to note what you have done and what you want to talk about, not to write out full answers.
When a requirement says discuss, show, tell, explain, or demonstrate, that is what you must do.
No one may add to or subtract from the official requirements found on scouting.org (Guide to Advancement 7.0.4.8).
Scouting America last updated this badge's requirements page on October 6, 2026.
Requirements change from time to time. Double-check scouting.org before you start.

Scout's name: _____ Unit: _____ Date started: _____

Counselor's name: _____ Phone no.: _____ Email: _____

Links marked "Scouting America resources" are the ones Scouting America shares on its official badge page.
Links marked "ScoutSmarts" open the matching part of Cole's guide. This workbook is unofficial and not endorsed by Scouting America.

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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) · **ScoutSmarts:** Requirement 1a explained

A person who is physically fit

(b) Describe a person who is mentally, emotionally, and socially fit.

Scouting America resources: Being Mentally, Emotionally, and Socially Fit (video) · **ScoutSmarts:** Requirement 1b explained

Kind of fitness	What a person who is fit this way is like
Mentally fit	
Emotionally fit	
Socially fit	

(c) Describe a person who is spiritually fit.

Scouting America resources: Being Spiritually Fit (video) · **ScoutSmarts:** Requirement 1c explained

A person who is spiritually fit

(d) Explain why it is important to be fit in all of these ways.

Scouting America resources: Being Fit Overall (video) · **ScoutSmarts:** Requirement 1d explained

Why it's important to be fit in all of these ways

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

Scouting America resources: The Scout Oath (video) · **ScoutSmarts:** Requirement 1e explained

Fitness, the Scout Oath and the Scout Law

Aspect of fitness	How it relates to the Scout Oath	How it relates to the Scout Law
Physical		
Mental		
Emotional		
Social		
Spiritual		

Requirement 1 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 2a explained

My last physical exam _____

Why a physical exam each year is important

Why each one is covered during an exam

Covered in the exam	Why it's covered
Overall health	
Immunizations	
Medications	
Allergies	
Medical history	

(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)
ScoutSmarts: Requirement 2b explained

My last dental exam _____

Why a routine dental exam is important

Preventive or corrective treatments my dentist can provide

Why daily oral care is important to staying well

Requirement 2 completed on _____ counselor initials _____

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

(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) · **ScoutSmarts:** Requirement 3a explained

The physical exercise I regularly do

The four components of physical fitness

Component	Is it part of my routine? How?
Cardiorespiratory fitness	
Muscular strength and endurance	
Flexibility	
Body composition	

How my current practices raise or lower my risk of cardiovascular disease or other conditions as an adult

(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) · **ScoutSmarts:** Requirement 3b explained

Harmful substance I avoid	How avoiding it affects my risk factors now and in the future

(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) · **ScoutSmarts:** Requirement 3c explained

Common diseases that vaccinations can prevent or lessen

Immunized as my healthcare provider and parent or guardian advise?

(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) · **ScoutSmarts:** Requirement 3d explained

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

Whether I follow a nutritious, balanced diet

(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)
ScoutSmarts: Requirement 3e explained

What a healthy weight is for me

What I do to maintain a healthy weight

(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) · **ScoutSmarts:** Requirement 3f explained

Why getting enough sleep is important

Hours I sleep most nights Is that enough?

(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) · **ScoutSmarts:** Requirement 3g explained

Quality time I spend with family and friends in social and recreational activities

How I help create and maintain a good home life

Requirement 3 completed on counselor initials

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)

Date my counselor and I agreed _____ Nutrition assessment _____

(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) · **ScoutSmarts:** Requirement 4a explained

Aerobic test we chose _____

(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)

Sit-ups or plank (or replacement) _____ Push-ups or pull-ups (or replacement) _____

(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)

Flexibility test we chose _____

Requirement 4 completed on _____ counselor initials _____

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

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

ScoutSmarts: Requirement 5a explained

My pre-assessment results

Measure	Test I did	Date	My result
Aerobic (4a)			
Strength and endurance 1 (4b)			
Strength and endurance 2 (4b)			
Flexibility (4c)			

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

Weakest area _____ Strongest area _____ Area I'll target _____

(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) · **ScoutSmarts:** Requirement 5c explained

My three-day food and drink log

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

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

Goal	My diet and nutrition improvement goal	What in my log led me to it
Goal 1		
Goal 2		

Requirement 5 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 6 explained

Date outlined with my counselor _____ Start date _____ End date _____

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

My warm-up _____ How long _____

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

Activity _____ Minutes _____ Days 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)

Exercise	Muscles it targets (upper body, core, legs)	Sets and reps

(d) Flexibility element: movements that arch/lower/stretch/relax your back, rotate your trunk, or stretch your hamstrings

Scouting America resources: Flexibility Exercises (video)

Stretch or movement	What it works (back, trunk, hamstrings)	How long or how many

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

My cool-down _____ How long _____

(f) A plan for achieving your two improvement goals related to diet and nutrition

Scouting America resources: Pick Your Plate Game (website)

Goal	My plan for reaching it
Goal 1	
Goal 2	

Requirement 6 completed on _____ counselor initials _____

7. Complete the Program. Do the following:

(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)

ScoutSmarts: Requirement 7a explained

My 12-week log

Week	Days I worked out	Cardio (days and minutes)	Strength and flexibility	How I did on my nutrition goals
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				
Week 9				
Week 10				

My 12-week log (continued)

Week	Days I worked out	Cardio (days and minutes)	Strength and flexibility	How I did on my nutrition goals
Week 11				
Week 12				

Program notes, including any days or weeks I missed and where I added them at the end

(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.

My assessment results

Measure	Before (5a)	Week 4	Week 8	Final	Improved?
Date tested					
Aerobic (4a)					
Strength and endurance 1 (4b)					
Strength and endurance 2 (4b)					
Flexibility (4c)					

(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).

Week 8 food and drink log

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

Week 12 food and drink log

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

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How I improved toward my diet and nutrition goals from 5(d)

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

My results, improvements, insights and experiences

Requirement 7 completed on _____ counselor initials _____

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) · **ScoutSmarts:** Requirement 8a explained

Three careers related to personal fitness

Career	What the job involves

Career area I researched _____ How (interview, site visit, other) _____

Topic	What I learned
Training	
Education	
Expenses	
Job outlook	
Salary	
Advancement	

My interest in this career

☐ **(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)
ScoutSmarts: Requirement 8b explained

Area of personal fitness _____ Hobby or lifestyle _____

How it could contribute to my hobby or healthy lifestyle

Topic	What I found
Education	
Costs	
Organizations	

My goals

Requirement 8 completed on _____ counselor initials _____

Counselor sign-off

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

Counselor's signature _____ Date completed _____

Official Scouting America resources

Scouting America resources: Personal Fitness merit badge page (requirements and resources)
Personal Fitness merit badge pamphlet (free PDF) · All merit badges · **ScoutSmarts:** Personal Fitness Merit Badge Guide, Part 1
Personal Fitness Merit Badge Guide, Part 2

Made by Cole at ScoutSmarts.com, an Eagle Scout who loves helping Scouts.
Spot an error or a requirement change? Tell me at scoutsmarts.com/contact.
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