

PREREQUISITE #1

- Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the Scout medical examination form, found here: [Scout Medical Examination Form](#)
- **Using the JotForm link**, a parent or guardian must submit a voice recording stating that you received the physical examination.

PREREQUISITE #2

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 15 – 28
- Type an answer that explains each of the following:
 1. Why physical exams are important.
 2. Why preventive habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.
 3. Diseases that can be prevented and how.
 4. The seven warning signs of cancer.
 5. The youth risk factors that affect cardiovascular health in adulthood.
- **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #3

- Have a dental examination. Get a statement saying that your teeth have been checked and cared for.
- **Using the JotForm link**, a parent or guardian must submit a voice recording stating that you received a dental examination.

PREREQUISITE #4

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 17 – 18
- Type an answer that explains:
 1. How to care for your teeth.
- **Using the JotForm link**, copy and paste your answer into the appropriate sections.

PREREQUISITE #5

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 29 – 36
- Type an answer that explains each of the following:
 1. Reasons for being mentally, physically, socially, and spiritually fit
 2. Reasons for being fit in all components
 3. What it means to be physically healthy
 4. What it means to be socially healthy.
- **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #6

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 47 – 59
- Type an answer that explains each of the following:
 1. The areas of physical fitness
 2. Your weakest and strongest area of physical fitness
 3. The need to have a balance in the four areas of physical fitness

4. How a program like the President's Council on Sports, Fitness & Nutrition can lead to lifelong healthful habits
 5. How the areas of personal fitness relate to the Scout Law and Scout Oath
- **Using the JotForm link**, copy and paste your answers to into the appropriate sections.

PREREQUISITE #7

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 37 – 46
- Type an answer that explains each of the following:
 1. The importance of good nutrition
 2. What good nutrition means to you
 3. How good nutrition is related to the other components of personal fitness
 4. How to maintain a healthy weight
- **Using the JotForm link**, copy and paste your answers to into the appropriate sections.

PREREQUISITE #8

- Review the “Cardiorespiratory Fitness” section within the Personal Fitness merit badge pamphlet: Pages 49 – 51
- Complete the **Aerobic Fitness** Test: Run/walk 1 mile as fast as you can
 1. Record your result
 2. What are 3 things you can do to improve your Aerobic Fitness over the next 12 weeks?
 - **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #9

- Review the “Muscular Strength and Endurance” section within the Personal Fitness merit badge pamphlet: Pages 52 – 54 & Page 68.
- Complete the **Muscular Strength** Test: Record the number of curl-ups done correctly in 60 seconds. The curl-ups must be done in the form explained and illustrated in the merit badge pamphlet.
 1. Record your result
 2. What are 3 things you can do to improve your Muscular Strength and Endurance Fitness over the next 12 weeks?
 - **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #10

- Review the “Flexibility” section within the Personal Fitness merit badge pamphlet: Pages 54 – 56
- Complete the **Flexibility** Test: Using a sit-and-reach box constructed according to specifications in the Personal Fitness merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify. (Remember to keep your knees down.)
 1. Record your result
 2. What are 3 things you can do to improve your Flexibility over the next 12 weeks?
 - **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #11

- Keep track of what you eat and drink for three days.
 1. Day 1:
 2. Day 2:
 3. Day 3:

- Identify three healthy eating goals you want to work on.
 1. Goal 1:
 2. Goal 2:
 3. Goal 3:
- **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #12

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 61-79
- Type an answer that explains each of the following:
 1. Healthy Eating: How will you track or measure your progress to know if you're staying on track?
 2. Progress & Experience: What changes do you *hope* to see in your fitness, energy, or strength by the end of this program? What might make it difficult to stay consistent with your workouts or eating plan, and how can you plan for that?
 3. Meaning & Benefit: Why do you think building good fitness and eating habits now is important for your future health?
 4. Long-Term Plans: When the 12 weeks are over, what habits will you need to have established to keep improving or maintain your results?
- **Using the JotForm link**, copy and paste your answers into the appropriate sections.

PREREQUISITE #13

- Read the following pages within the Personal Fitness merit badge pamphlet: Pages 86 – 89
- Find out about three career opportunities in personal fitness.
 1. List the three career opportunities.
- Pick one and type an answer that explains each of the following:
 1. Education required for this profession
 2. Training required for this profession.
 3. Experience required for this profession.
 4. What you learned and explain why this profession might interest you.
- **Using the JotForm link**, copy and paste your answers into the appropriate sections.