

Personal Health Merit Badge Worksheet



Requirement 1

Submit evidence of having had a routine general dental examination within the year.

Doctor's Name: _____ Date of Examination: _____

Evidence submitted to counselor.

State what has been done to correct any remediable condition found.

Note: If no remediable condition(s) found, then simply indicate "none".

Remediable Condition Found	What Has Been Done?

Requirement 2a

State whether examination by a dentist has been made within the year, and show what has been done to correct any remediable conditions found.

Dentist's Name: _____ Date of Examination: _____

Note: If no remediable condition(s) found, then simply indicate "none".

Remediable Condition Found	What Has Been Done?

If no examination has been made, explain how to care for teeth properly.

Show by condition of your teeth that you practice such care.

Requirement 2b

Tell how to care for your own hands and feet.

Requirement 2c

Explain the importance of washing hands before and after leaving the toilet.

Explain the importance of washing hands before and after eating.

Explain the importance of taking a daily bath.

Explain the importance of having daily elimination (Note: I believe this means bowel movement)

Requirement 3

Tell how to ventilate a sleeping room properly.

Give the number of hours of sleep needed by a person your age.

of Hours _____ Your Age _____

Tell why a person should sleep by himself.

What distance should separate your bed from others

Distance in Feet _____

Requirement 4

Demonstrate proper breathing.

Explain how it affects health.

Requirement 5

Explain how disease is spread by:

Drinking Water

Common Drinking Cup

Scout Name _____ Unit # _____ Date _____

Dirty Dishes

Dish Towels

Soiled Bath Towels

Unpasteurized Milk

Personal Contact

Requirement 6a

Name the basic essential foods to daily diet of a person of your age.

Your Age _____

Scout Name _____ Unit # _____ Date _____

Explain why you should observe good eating habits.

Requirement 6b

Write out, at the time of the examination, the kinds of food eaten at each meal over the previous three-day period.

Date: _____	Date: _____	Date: _____

Requirement 7

Explain the danger of:

Taking a laxative or a purgative when suffering from pains in the abdomen.

Neglecting a break on the surface of the skin.

Scout Name _____ Unit # _____ Date _____

Opening or squeezing pimples.

Requirement 8

Give three reasons why alcohol and tobacco are harmful to the body.

1. _____
2. _____
3. _____

Requirement 9

Discuss the value of clean moral habits to general health.

Requirement 10

Pass triple test for good posture.

- Sitting
- Standing
- Walking

Scout Name _____ Unit # _____ Date _____

Requirement 11

Make up a daily drill of ten exercises for Scouts giving proper exercise for the whole body.

#	Exercise
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	