

# Physical Fitness Merit Badge Worksheet



## Requirement 1

Submit evidence of your general medical examination done within the year.

Conditions found by your physician and how it is or will be corrected.

1. \_\_\_\_\_ Corrective Measure \_\_\_\_\_
2. \_\_\_\_\_ Corrective Measure \_\_\_\_\_
3. \_\_\_\_\_ Corrective Measure \_\_\_\_\_

## Requirement 2

Have a dental examination.

How do you care for your teeth?

\_\_\_\_\_

\_\_\_\_\_

Tell about your daily health habits.

\_\_\_\_\_

\_\_\_\_\_

How do you care for the following:

Skin \_\_\_\_\_

Hands \_\_\_\_\_

Fingernails \_\_\_\_\_

Toenails \_\_\_\_\_

Eyes \_\_\_\_\_

Ears \_\_\_\_\_

Nose \_\_\_\_\_

## Requirement 3

Explain how disease is spread by the following:

Drinking Water \_\_\_\_\_

Common Drinking Cups \_\_\_\_\_

Dirty Dishes \_\_\_\_\_

Soiled Bath Towels \_\_\_\_\_

Scout Name \_\_\_\_\_ Unit # \_\_\_\_\_ Date \_\_\_\_\_

Unpasteurized Milk \_\_\_\_\_

Personal Contact \_\_\_\_\_

List the essential food for the daily diet of a person your age.

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Why should you observe good eating habits?

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List disease which you may be immunized or protected.

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How can the use of the following be harmful to you?

Alcoholic Drink \_\_\_\_\_

Tobacco Product \_\_\_\_\_

Illegal Drugs \_\_\_\_\_

The value of clean moral habit to general health.

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## Requirement 5

Record your best score for the following:

Push-Ups	Jump-Reach	Run-Walks	Sit-Ups

Set a goal to reach during the next 30 days (consult your counselor in setting your goal)

Push-Ups	Jump-Reach	Run-Walks	Sit-Ups

Perform daily exercise and keep a record for 30 days (next page) or until your goals are met.

Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups	Day	Push-Ups	Jump-Reach	Run-Walks	Sit-Ups
1					16				
2					17				
3					18				
4					19				
5					20				
6					21				
7					22				
8					23				
9					24				
10					25				
11					26				
12					27				
13					28				
14					29				
15					30				

### Requirement 6

Physical fitness test. Earn a minimum 200 points out of five or less events.

SWIMMING EVENTS (Maximum 50 Points)	Performance (P)	Points	
15 meters speed swim (record performance: time in seconds) 5 points for each second faster than 25 seconds			
Distance swim (record performance: distance) 50 points for swimming 500 meters 25 points for swimming 250 meters			
<b>TOTAL POINTS</b>			<b>Max. 50 Points</b>

ARM STRENGTH EVENTS (Maximum 50 Points)	Performance (P)	Points	
Pull-Ups (record performance: number of repetitions) 10 points for each pull-up			
Push-Ups (record performance: number of repetitions) 2 points for each push-up			
Archery (record performance: number of bulls-eye) 5 points for each bulls-eye			
<b>TOTAL POINTS</b>			<b>Max. 50 Points</b>

<b>ABDOMINAL POWER (Maximum 50 Points)</b>	<b>Performance</b>	<b>Points</b>	
Bent-Knee Sit-Ups (record performance: number of repetitions) 1 point for each sit up			<b>Max. 50 Points</b>

<b>SPEED RUNNING (Maximum 50 Points)</b>	<b>Performance</b>	<b>Points</b>	
50-Yard Dash (record performance: time in 1/10 of a second) 2 points for each 1/10 of a second faster than 11 seconds			<b>Max. 50 Points</b>
40-Yard Shuttle Run (record performance: time in 1/10 of a second) 2 points for each 1/10 of a second faster than 15 seconds			
<b>TOTAL POINTS</b>			

<b>ENDURANCE RUNNING or WALKING (Maximum 50 Points)</b>	<b>Performance</b>	<b>Points</b>	
600-Yard Run-Walk (record performance: time in seconds) 1 point for each second faster than 3 minutes and 30 seconds			<b>Max. 50 Points</b>
1-Kilometer Walk (record performance: time in minutes) 10 points for each minute faster than 20 minutes			
<b>TOTAL POINTS</b>			

<b>JUMPING (Maximum 50 Points)</b>	<b>Performance</b>	<b>Points</b>	
Standing Long Jump (record performance: distance in inch) 5 points for each inch over 4 feet			<b>Max. 50 Points</b>
Vertical Jump and Reach (record performance: height in inch) 5 points for each inch over 7 inches			
<b>TOTAL POINTS</b>			

<b>BODY COORDINATION (Maximum 50 Points)</b>	<b>Performance</b>	<b>Points</b>	
Basketball Throw (record performance: distance in feet) 2 points for each feet over 30 feet			<b>Max. 50 Points</b>
Softball Throw (record performance: distance in feet) 1 point for each foot over 70 feet			
Archery (record performance: number of bulls-eye) 5 points for each bulls-eye			
<b>TOTAL POINTS</b>			

<b>GRAND TOTAL (No More than Five Events)</b>		
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### Requirement 7

Explain in a discussion with your counselor how a Scout can serve others by being physically fit.