



Personal Fitness

Merit Badge Workbook

This workbook is not required but will help you with this merit badge. No one can add or subtract from the Boy Scout Requirements #33215. Add pages as needed. Prepared by Kirk Foeller, kcfoller@comcast.net. Requirements effective: January 1, 2007, Workbook updated: September 2007.

Scout's Name: _____ Troop: _____

Counselor's Name: _____ Counselor's Ph #: _____

Note: If meeting any of the requirements for this merit badge is against the Scout's religious convictions, the requirement does not have to be done if the Scout's parents and the proper religious advisors state in writing that to do so would be against religious convictions. The Scout's parents must also accept full responsibility for anything that might happen because of this exemption.

1. Do the following.

A. Before completing requirements 2 through 9, have your health-care practitioner give you a thorough examination using the Scout medical examination form. _____

Describe the examination. _____

Tell what questions the doctor asked about your health. _____

Tell what health or medical recommendations the doctor made and report what you have done in response to the recommendations. _____

Explain the following:

1. Why physical exams are important. _____

2. Why preventative habits are important in maintaining good health. _____

3. Diseases that can be prevented and how. _____
