



Personal Fitness

Merit Badge Workbook

This workbook can help you but you still need to read the merit badge pamphlet (book). No one can add or subtract from the Boy Scout Requirements #33216. Each Scout must do each requirement. Merit Badge Workbooks and more: [Online Resources](#). Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2010, Workbook updated: 7/10.

Scout's Name: _____ Unit: _____

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: