

Scout Name: _____ Unit #: _____ Date: _____



PERSONAL FITNESS

Merit Badge Requirements

If meeting any of the requirements for this merit badge is against the Scout's religious convictions, it does not have to be done if the boy's parents and the proper church officials state in writing that:

- * To do so would be against religious convictions.*
- * The parents accept full responsibility for anything that might happen because of such exemption. They release the Boy Scouts of America from any responsibility.*

1)

A) Before you try to meet any other requirements, have your health-care provider give you a thorough examination using the Scout medical examination form. Describe the examination. Tell what questions you were asked about your health. Tell what health or medical recommendations were 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
- 4) The seven warning signs of cancer
- 5) The youth risk factors that affect cardiovascular fitness in adulthood

B) Have an examination made by your dentist. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.

2) Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including:

- A)** Components of personal fitness
- B)** Reasons for being fit in all components
- C)** What it means to be mentally healthy
- D)** What it means to be physically healthy and fit
- E)** What it means to be socially healthy. Discuss your activity in the eight areas of healthy social fitness
- F)** What you can do to prevent social, emotional, or mental stress

	2. As assigned by a priesthood leader, give at least one 4- to 5-minute talk each year in priesthood or sacrament meeting.	X			COMMUNICATIONS
	3. Under the direction of a priesthood leader, teach, or help teach, 1 or more lessons in the teachers quorum meeting.	X			COMMUNICATIONS
	4. With your quorum, discuss how to prepare for and serve a full-time mission and ways to assist the full-time missionaries in your area.	X			
	5. Invite and bring to Church meetings a friend, a less-active member, or a new member your age.	X			
TEMPLE TRIP	6. Participate in baptisms for the dead, if possible. If not, talk with a priesthood leader about the temple and what it means to Latter-day Saints.	X			
SERVICE PROJECT	7. Under the direction of a priesthood leader, participate in at least 1 teachers quorum service project each year.	X			

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