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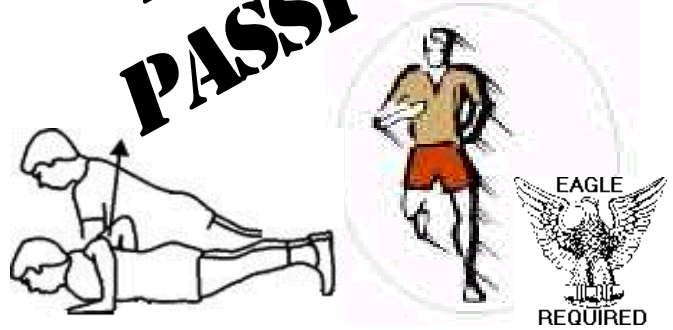


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PERSONAL FITNESS PASSPORT



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PERSONAL FITNESS PASSPORT



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Why physical exams are important? _____

Why are preventative habits important in maintaining good health? _____

What diseases that can be prevented and how? _____

What are the seven warning signs of cancer? _____

What are the youth risk factors that affect cardiovascular fitness in adulthood? _____

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What are the reasons for being fit in all components?

What does it mean to be mentally healthy? _____

What does it mean to be physically healthy and fit?

What does it mean to be socially healthy? _____

Discuss your activity in the eight areas of healthy social fitness.

What can you do to prevent social, emotional, or mental problems? _____

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My Fitness Program

I plan on doing the following for the next 12-weeks to improve my physical fitness:

Do you carry out daily activities without noticeable effort?

Do you have extra energy for other activities?

Are you free from habits relating to nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?

Do you participate in a regular exercise program or recreational activities?

Do you sleep well at night and wake up feeling refreshed and energized for the new day?

Are you actively involved in the religious organization of your choice, and do you participate in their youth activities?

Do you spend quality time with your family and friends in social and recreational activities?

Do you support family activities and efforts to maintain a good home life?

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COMPONENTS of... (4)

What are the components of physical fitness?

What are **your** weakest and strongest component of physical fitness?

strongest: -----

weakest: -----

Explain the need to have a balance in all four components of physical fitness. -----

How do the components of personal fitness relate to the Scout Law and Scout Oath? -----

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FITNESS PROGRAM (7)

Outline a comprehensive 12-week physical fitness program (next page) using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Also include how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.

Before beginning your exercises, have the program approved by your counselor and parents.

Parent or Guardian Signature

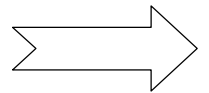
Date

Counselor Signature

Date

RECORD LOGS (8)

In the following log, **keep a record** of your fitness program activity



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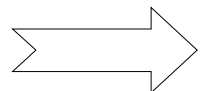
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Body Composition Test

Have an adult (the *same person* if possible) take and record the following measurements. Compare and analyze your pre & postprogram body composition measurements. Discuss the meaning and benefit of your experience.

Right upper arm: Circumference midway between the shoulder and the elbow, with the arm hanging naturally and not flexed.

Week 1	Week 12

Shoulders: Arms hanging by placing the tape two inches below the top of the shoulder and around the arms, chest, and back during breath expiration.

Week 1	Week 12

Chest: Placing the tape under the arms and around the chest and back at the nipple line during breath expiration.

Week 1	Week 12

Abdomen: Circumference at navel level (relaxed).

Week 1	Week 12

Right thigh: Midway between the hip and the knee.

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NUTRITION (5)

Why is good nutrition important? _____

What does good nutrition mean to you? _____

How does good nutrition relate to the other components of personal fitness? _____

What are the three components of a sound weight (fat) control program? _____

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PRE-FITNESS TESTS (6)

Aerobic Fitness Test (repeat every 2 weeks)

Record your performance on ONE of the following tests:

- Run/walk as **far** as you can in nine minutes.
- Run/walk one mile as **fast** as you can.

Where I need to improve: _____

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

Muscular Strength Test (repeat every 2 weeks)

Use sit-up test and EITHER the pull-up ORr push-up test.

Record the number of **sit-ups** done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the merit badge pamphlet.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
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Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

Record the total number of pull-ups **or** push-Ups completed consistent with the procedures presented in the merit badge pamphlet.

- Pull-ups
- Push-ups

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

Flexibility Test (repeat every 2 weeks)

Using a sit-and-reach box constructed according to specifications in the BSA merit badge pamphlet, make four repetitions and record the **fourth** reach. This last reach must be held for 15 seconds to qualify.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Week 7	Week 8	Week 9	Week 10	Week 11	Week 12

Record the total number of pull-ups **or** push-Ups completed consistent with the procedures presented in the merit badge pamphlet.

- Pull-ups
- Push-ups

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
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