

## Personal Fitness Merit Badge

- 1) Fitness test
- 2) Set goals
- 3) Get approval from your parents for your goals
- 4) Email me your goals (or have your parents email me) by September 21.

Vicky Nielsen  
[vnielsen@hess.com](mailto:vnielsen@hess.com)  
832.515.4982

- 5) Log your goals daily/weekly
- 6) Fitness tests are required every two weeks. Where the fitness log has a specific date, that means we will redo the test at a scout meeting – Sep. 14, Oct. 2, Nov. 9, Dec. 7.
- 7) You need to increase your speed (mile run), strength (push-ups/pull-ups, sit-ups), and flexibility. Your fitness regime must include each of these elements weekly. It can be part of the same workout or specific workouts

### Example 1:

Warm-up walk/run 10 minutes  
Weight lifting (if you have access to weights)  
Stretch  
Warm-up walk/run 10 minutes

### Example 2:

Run 30 minutes (Monday)  
Yoga (Tuesday)  
Run 10 minutes, lift weights, stretch (Wednesday)  
Swim (Friday)

- 8) In order to improve, you need to do some sort of physical activity at least 3 days a week. The activity should be, at minimum, 30 minutes long.
- 9) Eat healthy and get plenty of sleep!
- 10) Have fun!