

Name \_\_\_\_\_

## PERSONAL FITNESS MERIT BADGE REQUIREMENTS 1-5

### Requirements 1 & 2: Explain the following:

**1A-1:**

Why are physical exams important?

**1A-2:**

Why are preventative habits important in maintaining good health?

**1A-2 (part 2):**

How can the use of tobacco products, alcohol & other harmful substances negatively affect our personal fitness?

**2.**

What does personal fitness mean to you?

**2a.**

Give some reasons for being mentally, physically, socially & spiritually fit.

**2b.**

What does it mean to be mentally healthy?

**2c.**

What does it mean to be physically healthy?

**2d.**

What does it mean to be socially healthy?

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**Requirement 3: Answer *and discuss* the following questions:**

<b>3a.</b> Are you living in such a way to minimize your risk of preventable diseases?	
<b>3b.</b> Are you immunized and vaccinated according to your physician's (and parents') advice?	
<b>3c.</b> Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs and other practices that could be harmful to your health?	
<b>3d.</b> What are the advantages of getting a full night's sleep?	
<b>3e.</b> Define a nutritious, balanced diet & why it is important.	
<b>3f.</b> Do you participate in a regular exercise program or recreational activities?	
<b>3g.</b> What are you doing to demonstrate your duty to God?	
<b>3h.</b> Do you spend quality time with your family & friends in social & recreational activities?	
<b>3i.</b> Do you support family activities & efforts to maintain a good home life?	

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<b>Requirements 4 &amp; 5: Explain the following:</b>	
<b>4a.</b> The 4 areas of physical fitness	
<b>4b.</b> Your weakest & strongest areas of physical fitness.	
<b>4c.</b> The need to have balance in the four areas of physical fitness.	
<b>4d.</b> How a program like ScoutStrong can lead to lifelong healthful habits.	
<b>4e.</b> How the areas of physical fitness relate to the Scout Oath & Scout Law.	
<b>5a.</b> The importance of good nutrition.	
<b>5b.</b> What good nutrition means to you.	
<b>5c.</b> How good nutrition is related to the other components of personal fitness.	
<b>5d.</b> How to maintain a healthy weight.	