

Personal Fitness Subset for 3 Months

6	Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.
6a1	Aerobic Fitness Test: 1.Run/walk as far as you can in nine minutes OR 2.Run/walk one mile as fast as you can
6a2	Flexibility Test: Using a sit-and-reach box constructed according to specifications in this merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held steady for 15 seconds to qualify. (Remember to keep your knees down.)
6a3	Strength Tests: 1. Sit-ups. 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. 2. Pull-ups. Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet. 3. Push-ups. Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.
6b	Keep track of what you eat and drink for three days. Identify three healthy eating goals you want to work on.
7	Outline a comprehensive 12-week physical fitness program 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. Before beginning your exercises, have the program approved by your counselor and parents.
8	Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. Discuss how well you met your healthy eating goals over these 12 weeks. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.