



Personal Fitness Merit Badge

Troop 84

Physical Fitness Exercise Log

Scout Name : _____

						Total Time
		Parent : _____	Advisor : _____			

						Total Time
		Parent : _____	Advisor : _____			

						Total Time
		Parent : _____	Advisor : _____			



Personal Fitness Merit Badge

Troop 84

Record Of Fitness

Scout Name : _____

	Aerobic Fitness		Muscular Strength			Flexibility
	9min Distance	1 mile time	Sit-Ups	Push-Ups	Pull-Ups	Reach
Initial Test						
After Two Weeks						
After Four Weeks						
After Six Weeks						
After Eight Weeks						
After Ten Weeks						
Final Evaluation						