



### Merit Badge Overview

#### Summary

- ✂ The Personal Fitness Merit Badge is a required Merit Badge for Eagle!
- ✂ This is a comprehensive merit badge requiring an extensive amount of time and effort!
- ✂ You will be required to exercise 30-45 minutes a day for 3-5 days a week for 12 weeks!
- ✂ You will be required to get your parents to sign your exercise log every week!
- ✂ You will take a physical test at the troop meeting every other week. This test will include a mile run, sit-ups, pushups and stretching.
- ✂ We will cover the discussion requirements for the merit badge at the Troop meetings also.

#### Am I required to do this merit Badge with the Troop

Troop 84 is offering this Eagle required merit badge during its regular troop meetings. The program will run through January and you must concurrently complete all the requirements during this period. This merit badge is offered as an option. If you decide you don't want to do it with the Troop then tell the Scoutmaster. Instead of this merit badge you can work with the younger scouts as they complete their First Class requirements.

HOWEVER, this Merit Badge requires you to meet with a Merit Badge Counselor 8 times. Making it very difficult to find a counselor that would be willing to watch you run a mile and test you on 8 separate occasions. Not to mention the number of times your parents will have to drive you to the Counselor's house. If you want to earn Eagle, then do this merit badge NOW with the Troop!

Taking this merit badge at the Troop Meetings is a privilege! You must take advantage of this and do all the requirements as scheduled and conduct yourselves as scouts. If you fool around or take the tests as a joke, you will be expelled from the class and then you can find a merit badge counselor on your own.

#### Instructions for the Scout

- ✂ Each week review the schedule and be prepared.
- ✂ On days marked on the schedule "**Physical Fitness Test**" be prepared with the appropriate clothes:
  - Wear class B's, running shoes/sneakers, appropriate shorts/pants to run in and a hat.
  - Dress appropriately for cold weather. Bring Sweatshirts/pants, wear non-cotton shirt.
  - Bring Sock hat and gloves if very cold.
  - If it is raining we will still run, bring rain jacket and change of clothes.
- ✂ After each daily exercise, fill out your Exercise Log!
- ✂ Each week you must get the exercise log signed by your parent and submitted to the troop for verification.