



Parent Notice

Yes your son is responsible to fulfill all of the requirements themselves. But as a parent you do have a supportive role. So it is important for you to know what they must do in the next three months.

- ~~/~~ 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!
- ~~/~~ Scouts will be required to exercise 30-45 minutes a day for 3-5 days a week for 12 weeks!
- ~~/~~ Scouts will be required to get your signature on the exercise log every week!
- ~~/~~ Scouts will take a physical test at the troop meeting every other week. This test will include a mile run, sit-ups, pushups and stretching.

- ~~/~~ Please review the requirements included in the folder.
- ~~/~~ Please pay the \$5 merit badge required for overhead expenses to the Troop.

- ~~/~~ Please review the exercise outline with your scout. This is due Oct 22nd.
- ~~/~~ Please help him get started with reminders along the way.
- ~~/~~ Initial the exercise log before each Monday night. Only sign if he has completed the work to your satisfaction.
- ~~/~~ Any questions call the Scoutmaster.

Detach and hand in

Scout Name : _____

Parent Signature (acknowledging permission for son to participate) : _____

Personal Fitness Merit Badge Cost : \$5 Scout Paid by (Circle One) Cash Check Scout-Account