



Guidelines for Requirement #7

Merit Badge Requirement #7

Outline a 12-week physical fitness program using the results of your physical 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

Troop 84 Program

- ~~/~~ We will discuss a sample outline for Requirement #7 and review the components of the outline at our rollout meeting.
- ~~/~~ You will complete an actual outline for your personal program and hand in on Oct 22nd.
- ~~/~~ Your advisor will review the outline and recommend changes if necessary.
- ~~/~~ You will get the outline approved and signed by your parent and return it on Oct 29th.
- ~~/~~ You cannot start your program until both your advisor and parents approve the outline.

Components of the Outline and the Daily Physical Fitness Program

Your comprehensive fitness program should be individualized to your own starting level based on your physical fitness test scores and personal goals/objectives. Whatever your starting level, be sure your personal program includes:

1. Warm Up : (2-5 minutes)
Jog/run in place or skip rope or walk briskly.
Stretching exercises.
2. Aerobic/Cardiovascular Exercise : (15-20 minutes)
Run/swim for the appointed time
3. Strength Exercises : (5-10 minutes)
Sets of sit-ups, pushups, pull-ups or weight lifting
4. Flexibility Exercises : (5-10 minutes)
Sets of Stretching exercises
5. Cool Down : (2-5 minutes)
Walk

Your daily exercise program should be between 30-45 minutes!

Be realistic, but challenge yourself. Figure out what routines will get you from your starting measurements to your physical fitness goals. Plan your fitness program accordingly. You may want to adjust and revise your program every week or two as you progress.

At first pace yourself by jogging/walking and running. Then work your way up to the 15+ minute Aerobic/Cardiovascular Exercise.