

Personal Fitness Merit Badge

| | Initial Results | 12 week goal | Week 2 | Week 4 | Week 6 | Week 8 | Week 10 | Week 12 | Change |
|------------------------------------|-----------------|--------------|--------|--------|--------|--------|---------|---------|--------|
| Date | | | | | | | | | |
| Aerobic Fitness Test | | | | | | | | | |
| Run/walk 1 mile as fast as you can | | | | | | | | | |
| | | | | | | | | | |
| Flexibility Test | | | | | | | | | |
| Sit and Reach | | | | | | | | | |
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| Strength Tests | | | | | | | | | |
| Sit-up (60 Seconds) | | | | | | | | | |
| Pull-ups (60 Seconds) | | | | | | | | | |
| Push-up (60 Seconds) | | | | | | | | | |
| | | | | | | | | | |
| Body Composition Evaluation | | | | | | | | | |
| Height | | | | | | | | | |
| Weight | | | | | | | | | |
| BMI | | | | | | | | | |
| Right Upper Arm | | | | | | | | | |
| Shoulders | | | | | | | | | |
| Chest | | | | | | | | | |
| Abdomen | | | | | | | | | |
| Thigh | | | | | | | | | |

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|------------------------|--|
| Warm-up: | |
| Aerobic Exercises: | |
| Strength Exercises: | |
| Flexibility Exercises: | |
| Cool-Down: | |

Scout: _____