



Family Man Trail Badge Worksheet



Trailman Name: _____

Troop #: _____

	Date Completed	Verified By
<p>Family Man Forums: The Family Man Forums requirements can be completed in part or in full by independent study, with your family or parents, with your Mentor and others, with your Unit, or in a group communicating via the Internet (e.g. videoconferencing). One option to complete the requirements is to participate in forums with members of your Unit and their fathers on each of the topics below. In a forum, everyone studies up beforehand and then they discuss the issues. Rotate the forum facilitator for each topic.</p>		
<p>1. Family Foundation (<i>Reference Gen. 1:28, 2:24; Exo. 20:12-17; Prov. 5:18-19; 1 Cor. 7:2-4, 10-11; Eph. 5:25-31, 6:1-4</i>)</p>		
<p>a. What is a family?</p>		
<p>b. Why is a man an important part of his family?</p>		



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c. How does popular culture undermine the male role in families?		
d. What moral precepts are prescribed for healthy families?		
e. How does popular culture undermine these moral precepts?		



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<p>f. How do families benefit men, women and children?</p>		
<p>g. How do families benefit society?</p>		
<p>2. Servant Leadership (<i>Reference John 13:1-5, 12-17; Tit. 1:6-9; Ch. 1 of this handbook</i>)</p>		
<p>a. Explain the concept of servant leadership</p>		



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b. Discuss several examples of servant leadership in the Troop(s) or Unit(s).		
c. Discuss several examples of servant leadership in your families.		
d. Brainstorm implementation of servant leadership as future fathers.		



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<p>3. Family Fitness (<i>Reference Handbook Ch. 2 on Moral Fitness; Exo. 20:2-17; Matt. 7:12, 22:36-40; Rom. 12:2, 13:9-10; 1 Cor. 6:12-20; Gal. 5:16-26; Eph. 6:10-18</i>)</p>		
<p>a. Discuss the meaning and importance of the four types of fitness: Emotional, Mental, Moral, Physical.</p>		
<p>b. Develop a list of activities to aid the fitness of family members in each of the four types.</p>		



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<p>Family Activities</p> <p>Do one activity from each of the following four categories:</p>		
<p>1. Category 1: Nutrition Using the Federal Food Guidelines (<i>Reference "My Plate", "Food Pyramid", or another equivalent balanced nutrition plan</i>) – Do one of a, b, or c</p>		
<p>a. Learn about the food guidelines.</p>		
<p>i. Determine the daily caloric needs are for someone of your age and weight.</p>		
<p>ii. Determine how much water you should be drinking each day and why.</p>		
<p>iii. Write down everything you eat or drink for one week. (Attach separate log)</p>		
<p>iv. Plan a menu of healthy meals for three days. (Attach separate menu plan)</p>		
<p>b. Learn the relationship between your diet and good health.</p>		
<p>i. Explain the food guidelines and causes of obesity in childhood and among teenagers.</p>		



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<p>ii. List ways to avoid obesity, including diet and exercise.</p>		
<p>iii. Plan one week of healthy menus for your family. (Attach separate menu plan)</p>		
<p>iv. Select one of your nutritious meals and prepare it for your family and clean up afterwards. (Denote which meal on your menu plan)</p>		
<p>c. Learn about the food guidelines and plan balanced meals for your family for one day including breakfast, lunch, and dinner. (Attach separate menu plan)</p>		
<p>i. Prepare a list of needed ingredients (include ingredients on your menu plan)</p>		
<p>ii. Show your menus and ingredients list to your Leader.</p>		
<p>iii. Prepare the planned breakfast, lunch, dinner on one day.</p>		
<p>iv. Clean up after each meal.</p>		
<p>2. Category 2: Household Tasks – Do either a or b</p>		
<p>a. Perform all of the following:</p>		
<p>i. Learn the proper way to do at least five household tasks and perform them for at least one month. These are in addition to grocery shopping, laundry, and ironing tasks required for ii-iv below. See Sample Household Tasks below for ideas. (Attach separate log)</p>		
<p>ii. Help your family with the grocery shopping for one week including bagging the groceries, carrying them in, and putting them away properly. (Attach separate log)</p>		
<p>iii. Learn how to do laundry and do the laundry for yourself or your family for a week. (Attach separate log)</p>		



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<p>iv. Learn how to use an iron and the appropriate temperatures for different fabrics. Press at least three items including something with sleeves. (List your three items)</p>																																						
<p>b. With your parents, agree on at least five recurring household tasks. Track your household tasks for three months on a tracking log. See Sample Household Tasks below for ideas. (Attach separate log)</p> <p>Sample Household Tasks</p> <table border="0"> <tr> <td>Make the bed</td> <td>Change bed sheets</td> </tr> <tr> <td>Dust furniture</td> <td>Polish furniture</td> </tr> <tr> <td>Clean light fixtures</td> <td>Clean blinds</td> </tr> <tr> <td>Vacuum upholstery</td> <td>Vacuum floor</td> </tr> <tr> <td>Sweep floor</td> <td>Mop a floor</td> </tr> <tr> <td>Clean the bathroom</td> <td>Set the table</td> </tr> <tr> <td>Pack lunches</td> <td>Wash the dishes</td> </tr> <tr> <td>Dry, put away dishes</td> <td>Load, unload dishwasher</td> </tr> <tr> <td>Clean out refrigerator</td> <td>Defrost freezer</td> </tr> <tr> <td>Carry in and put away groceries</td> <td></td> </tr> <tr> <td>Clean an oven</td> <td>Sort or fold laundry</td> </tr> <tr> <td>Launder curtains if washable</td> <td></td> </tr> <tr> <td>Wash the car</td> <td>Wax the car</td> </tr> <tr> <td>Clean inside your car</td> <td>Cut the grass</td> </tr> <tr> <td>Weed a garden</td> <td>Water the grass or garden</td> </tr> <tr> <td>Take out trash</td> <td>Do the family recycling</td> </tr> <tr> <td>Wash windows</td> <td>Shampoo a carpet</td> </tr> <tr> <td>Water house plants</td> <td></td> </tr> </table>	Make the bed	Change bed sheets	Dust furniture	Polish furniture	Clean light fixtures	Clean blinds	Vacuum upholstery	Vacuum floor	Sweep floor	Mop a floor	Clean the bathroom	Set the table	Pack lunches	Wash the dishes	Dry, put away dishes	Load, unload dishwasher	Clean out refrigerator	Defrost freezer	Carry in and put away groceries		Clean an oven	Sort or fold laundry	Launder curtains if washable		Wash the car	Wax the car	Clean inside your car	Cut the grass	Weed a garden	Water the grass or garden	Take out trash	Do the family recycling	Wash windows	Shampoo a carpet	Water house plants			
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<p>3. Category 3: Family Projects – Do one of a, b, or c</p>		
<p>a. Help your family with a family project. This could be a maintenance activity such as spring landscaping or spring-cleaning. Or it might be a new project such as painting a room or redecorating. List the role of each family member in the project completion.</p>		
<p>b. Work with your family to clean out the basement or garage. Sort items into three categories: Things to keep, Things to Donate, and Things for the Trash. Reorganize as needed as you return items to the space. Take your donated items to a charity and the rest to the trash can. (Describe your work here)</p>		



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<p>c. Perform a community service project with your family. Some examples are to: Participate in a church service day project, help clean up your church or school, plant trees or flowers in a public area and care for them, plan, cook, and deliver a meal to someone in need, do yard work for someone in need, visit the elderly or disabled, or set-up a recycling drive and donate the proceeds to charity. (Describe your project here)</p>		
<p>4. Category 4: Family Communications – Do one of a, b, c, or d</p>		
<p>a. Plan a celebration, holiday party or special outing for your family and help to implement it. Include in the plan any costs involved for supplies, invitations, food, preparations, cleaning, transportation, lodging, or needed equipment. Discuss with your family any changes you would make if you were to do it again. (Attach separate plan)</p>		



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<p>b. Plan and participate in a family meeting. Set ground rules, such as to respect all opinions and to have everyone attend and be allowed to share input. Discuss issues important to your family. For example, decide how chores will be completed, discuss vacation ideas and option, plan a family night or find solutions to a problem. (Describe your meeting, topic, and rules here)</p>		
<p>c. Help a sibling or (under an adult's guidance) a younger child with homework for a week. (Attach separate log)</p>		
<p>d. Under an adult's guidance, read to a younger child each day for a week. (Attach separate log)</p>		