



Fitness Trail Badge Worksheet

Trailman Name: _____ **Troop #:** _____

	Date Completed	Verified By
1. Research exercises to improve your physical fitness including stretches, strength training, and cardiovascular activities. Know the safety guidelines for each activity and at what age it is safe to start them. Make note of each of the exercises, and what muscle or muscle group is being targeted. (attach work separately)		
2. Discuss what types of food and beverages should be consumed before and after a hard workout. (attach work separately)		
3. Know how to check and figure your heart rate, and know why it's important. (attach work separately)		
4. Outline a training plan for improving your fitness based on your research to be accomplished within 1 year and lasting 3 months. It should include progressive improvement goals and frequency schedule for exercise. It must be based on your ability and take into account your current fitness level. It must include strength training goals, cardiovascular training goals, and warm up and cool down activities and cover all major muscle groups. It must be approved by your leader and your parents before beginning. (attach work separately)		