



Family Man Trail Badge Worksheet



Trailman Name: _____ Troop #: _____

	Date Completed	Verified By
Do All Foundation Requirements (1-5)		
1. Family		
a. A family is defined legally and seen in the Bible as a group of people related in one of three ways. What are the three ways?		
b. Explain the difference between Immediate Family and Extended Family.		



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2. Marriage		
a. Read Genesis 2:18-24 and explain how the Bible defines marriage.		
b. Explain how the unique relationship, marriage, reflects the triune nature of God.		
c. Read Ephesians 5:22-33 and explain how the nature of marriage is created by God as a picture of His love for His people.		
d. In Ephesians 5:25, how is the relationship between Christ and the Church similar to the relationship between a husband and his wife?		



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e. Having read Genesis 2:18-24, read Revelation 21:9 and explain how the Bible both begins and ends with a marriage.		
3. Husbands & Fathers		
a. List some of the ways that God has designed men and women differently.		
b. Explain how fathers and mothers bring different strengths that help raise children in a family.		
c. Read 2 Thessalonians 3:6-12 and 1 Timothy 5:8. Explain the importance of hard work and the duty of being a provider as it applies to a man who is a husband or father.		



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4. Family, Society & Church		
a. Why are families important to a strong society?		
b. What are some of the problems that come from families breaking down?		
c. Explain how Christians and churches can help become a “father to the fatherless” for families that experience death, divorce, or abandonment involving a father.		
5. Servant Leadership (Reference John 13:1-5, 12-17; Titus 1:6-9)		
a. Explain the concept of servant leadership		
b. Explain how servant leadership involves both demonstrating humility and strength.		



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c. Discuss examples of servant leadership in the Troop.		
d. Discuss examples of servant leadership in your family.		
e. Brainstorm implementation of servant leadership as future fathers.		
Family Activities		



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Do one (1) Family Activity from each of the following four requirements (6-9)		
6. Nutrition Using the Federal Food Guidelines		
a. Learn about the food guidelines.		
i. Determine the daily caloric needs for someone of your age and weight.		
ii. How much water should you be drinking each day and why?		
iii. Write down everything you eat and drink for one week. <i>(attach separate sheet)</i>		
iv. Plan a menu of healthy meals for three days. <i>(attach separate sheet)</i>		
b. Learn the relationship between your diet and good health.		
i. Explain the food guidelines and causes of obesity in childhood and among teenagers.		
ii. List ways to avoid obesity, including diet and exercise.		



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iii. Plan one week of healthy menus for your family. (attach separate sheet)		
iv. Select one of your healthy meals and prepare it for your family. Clean up afterwards.		
c. Learn about the food guidelines and plan balanced meals for your family for one day including breakfast, lunch, and dinner.		
i. Prepare a list of needed ingredients. <i>(attach separate sheet)</i>		
ii. Show your menus and ingredients list to your Leader.		
iii. Prepare the planned breakfast, lunch, and dinner on one day.		
iv. Clean up after each meal.		
7. Household Tasks		
a. Perform all of the following:		
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)		
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)		
iii. Learn how to do laundry and do the laundry for yourself or your family for a week. (Attach separate log)		



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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>Sort or fold laundry</td> </tr> <tr> <td>Clean an oven</td> <td>Wax the car</td> </tr> <tr> <td>Launder curtains if washable</td> <td>Cut the grass</td> </tr> <tr> <td>Wash the car</td> <td>Water the grass or garden</td> </tr> <tr> <td>Clean inside your car</td> <td>Do the family recycling</td> </tr> <tr> <td>Weed a garden</td> <td>Shampoo a carpet</td> </tr> <tr> <td>Take out trash</td> <td></td> </tr> <tr> <td>Wash windows</td> <td></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	Sort or fold laundry	Clean an oven	Wax the car	Launder curtains if washable	Cut the grass	Wash the car	Water the grass or garden	Clean inside your car	Do the family recycling	Weed a garden	Shampoo a carpet	Take out trash		Wash windows		Water house plants			
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8. Family Projects		
<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 trashcan. (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>9. Family Communications</p>		



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<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>		
<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 a younger child with homework for a week. (Attach separate log)</p>		
<p>d. Read to a sibling or younger child each day for a week. (Attach separate log)</p>		