



Fitness Trail Badge Worksheet



Trailman Name: _____

Troop #: _____

Do all of the following requirements (1-6)	Date Completed	Verified By
1. Discuss why keeping your body healthy and strong is important to you and God and list examples of ways it is possible to spend too much time on exercise, sports, or physical training.		
2. Read 1 Timothy 4:8 and explain the value of “training the body” in relation to godliness. (attach work separately)		
3. 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)		
4. Discuss what types of foods and beverages should be consumed before and after a hard workout. (attach work separately)		
5. Know how to check and figure your heart rate and know why it is important.		
6. Outline a training plan of at least three months but no longer than one year for improving your fitness based on your research. 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. Once it has been approved by your leader and your parents, implement your training plan. (attach work separately)		