



**March 12, 2011**

Merit Badge Information Sheet [MBIS]

These 3 sections should represent 100% of Badge work requirements

<b>Merit Badge:</b>	Personal Fitness
<b>Counselor Name:</b>	<b>Scott Jensen</b>
<b>Phone Number:</b>	(708)579-3775 (hm) (312)209-5432 (cell)
<b>Counselor Number:</b>	#790
<b>Prerequisites:</b> <i>list all requirements which need to be completed in advance</i>	Read the pamphlet. Optional to bring most recent physical from doctor and note from dentist. Prefer that they make notes on the worksheets available online.
<b>Class Work:</b> <i>list all requirements which will be completed in class</i>	Discussion session will cover Requirements 1, 2, 3, 4, 5. Will discuss components of fitness plan. We will start Req. 7 in class.
<b>Home Work:</b> <i>list all requirements which need to be completed "at home"</i>	Req. 6 & 7, followed by approval by parent & counselor. Req. 8 requires 12 exercise program with exercise log with periodic retesting of fitness measurements. Last part of Req. 8 and Req. 9 with counselor at end.
<b>Use of "Online" Workbook:</b>	Very, very helpful.
<b>Purchase of Merit Badge Booklet:</b>	Not essential, if read, plus worksheets from internet.
<b>Number of Sessions needed:</b> <i>each session is 1 hour 25 minutes</i>	1
<b>Notes and/or Comments:</b>	Designed for Scouts beginning the merit badge. If we have a large group who has completed Req. 1 through the exercise portion of 8, we could have one session for them.