



PHYSICAL FITNESS



- Learn the following **rules for good health** and be able to say them in your own words.
 - Eat proper food and a balanced diet.
 - Exercise regularly.
 - Get enough sleep.
 - Wear proper clothing for the time of year.
 - Take care of your teeth and visit your dentist regularly.
 - Keep clean.
 - Balance each day with work and play.

DATE COMPLETED: _____ **PASSED BY:** _____

- Listed below are the six basic food groups and the minimum amounts you should have each day. Tell why each food group is important for a strong, healthy body.

Meat, eggs, or fish (5 oz. [142 grams] equivalent per day) _____

Milk and milk products (3 cups [0.7 liters] per day) _____

Vegetables (2½ cups [0.6 liters] per day) _____

Fruit (1½ cups [0.4 liters] per day) _____

Grains (6 oz. [170 grams] per day) _____

Fats, oils (160 calories per day) _____

DATE COMPLETED: _____ **PASSED BY:** _____



- Have your doctor give you a general physical exam. Show him/her the exercises in the chart to be certain that it is OK for you to do them.

Physical exam given on: _____

Doctor: _____

DATE COMPLETED: _____ **PASSED BY:** _____

- Physical Fitness Test.**

Instructions:

- The first six exercises must be completed on the same day for Test #1. You may do the exercises in any order you wish with a five minutes rest between each exercise. The endurance run/walk may be completed on a different day during the same week (if you do this on a different day, be sure an adult times you and marks your rating in the chart under Test #1). Write all these results under Test #1 on the chart at the top of the next page.
- You must do each of these exercises at least three times a week for the next three weeks. Remember, you will be tested again at the end of those three weeks. In the chart on the bottom of the next page, circle the exercises you did under the day of the week that you did the exercise.
- At the end of the three weeks, take Test #2. You must show improvement over Test #1 by one of the following ways (check one).
 - By raising your score by one level in at least four of the seven events.
 - By scoring at least "good" in all seven events.

DATE COMPLETED: _____ **PASSED BY:** _____

BADGE APPROVED BY: _____

BADGE COMPLETED ON: _____

Exercises	Fair	OK	Good	Great	Test #1	Test #2
1. Curl-ups (in 1 minute) age 9 age 10 age 11	18 21 22	24 27 29	32 35 37	41 45 47		
2. Pull-ups age 9 age 10 age 11	1 1 1	2 2 2	3 4 4	5 6 6		
3. Squat thrust (in 30 sec.) age 9 age 10 age 11	9 10 11	12 13 14	14 15 16	16 19 19		
4. Standing long jump age 9 age 10 age 11	3'9" (1.14 m) 4'1" (1.25 m) 4'5" (1.35 m)	4'2" (1.27 m) 4'6" (1.37 m) 4'10" (1.47 m)	4'9" (1.45 m) 5'1" (1.55 m) 5'4" (1.63 m)	5'3" (1.6 m) 5'8" (1.73 m) 6'1" (1.85 m)		
5. Vertical jump age 9 age 10 age 11	6" (15 cm) 7" (18 cm) 8" (20 cm)	11" (28 cm) 12" (30 cm) 12" (30 cm)	15" (38 cm) 16" (40 cm) 16" (40 cm)	16" (41 cm) 17" (45 cm) 19" (50 cm)		
6. 50 yard dash (45 meter) age 9 age 10 age 11	10½ 10 10	(in seconds) 9 8½ 8½	8 7½ 7½	7 6½ 6½		
7. Endurance run/walk age 9 (½ mile [.8 km]) age 10 (1 mile [1.6 km]) age 11 (1 mile [1.6 km])	(in minutes: seconds) 5:44 13:31 12:55	5 11:39 11:08	4:14 9:48 9:20	3:30 7:57 7:32		

Exercises/Days		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week #1	Circle the exercises you did each day.	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Week #2	Circle the exercises you did each day.	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Week #3	Circle the exercises you did each day.	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7