

MBE 2014 - Personal Fitness

Meeting Dates:

Location: McGimsey Scout Park – White House
Dates: MBE – Dec 30, 2014 Initial Meeting – All Day
January 17th and 31st 9:00am – 11:00am
February 14th and 28th 9:00am – 11:00am
March 7th and 28th 9:00am – 11:00am
Last makeup dates:
April 18th and Apr 19th 9:00am – 11:00am

Additional Information:

Merit Badge Book: Must have to attend session.
One excused absence: Coordinate with Counselors for makeup

Physical & Dental Exams

- Health Form A&B Bring health form from summer camp
- Dental Exam Bring a note from Dentist as of last exam
 - All exams must be within the last year

Merit Badge Counselors:

Ms. Monique Guti 435-630-9268
Mr. John Haines 210-913-6022

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Please sign the below that you understand the requirements of the Personal Fitness Merit Badge.

1. Acquire and bring Merit Badge book to all sessions.
2. Personal Fitness workbook must be filled out and completed. Workbook must be written on paper and must be legible.

Workbook Link - <http://www.usscouts.org/mb/worksheets/personal-fitness.pdf>

3. Develop a personal fitness exercise plan as outline in the Merit Badge book.
4. A daily exercise log needs to be kept and signed by your parents.
 - You must exercise on a regular basis. Otherwise, you will not be able to show improvement during our merit badge sessions.
5. One excused absence is permitted for the entire Merit Badge duration.
6. Exceptions can be made by counselors on an individual basis, but you must call prior to the session.
7. Agreement signed by Scout and Parent

If you are not able to fulfill these requirements you will not receive the personal fitness merit badge.

Scout Signature: _____

Parent Signature: _____