



# Cub Scout Personal Fitness

## Cub Scout Academics and Sports Workbook

Belt Loops and Pins may be earned more than once.

Workbook updated: May 2009.

Cub Scout's Name: \_\_\_\_\_

### Cub Scout Personal Fitness Belt Loop

Complete these three requirements:

1. Give a short report to your den or family on the dangers of drugs and alcohol. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include

Pick Five Skills	Starting	Ending	Improvement
pull-ups,			
curl-ups,			
the standing long jump,			
the 50-yard dash,			
and the softball throw.			
other:			
other:			
other:			

**Cub Scout Personal Fitness Pin**

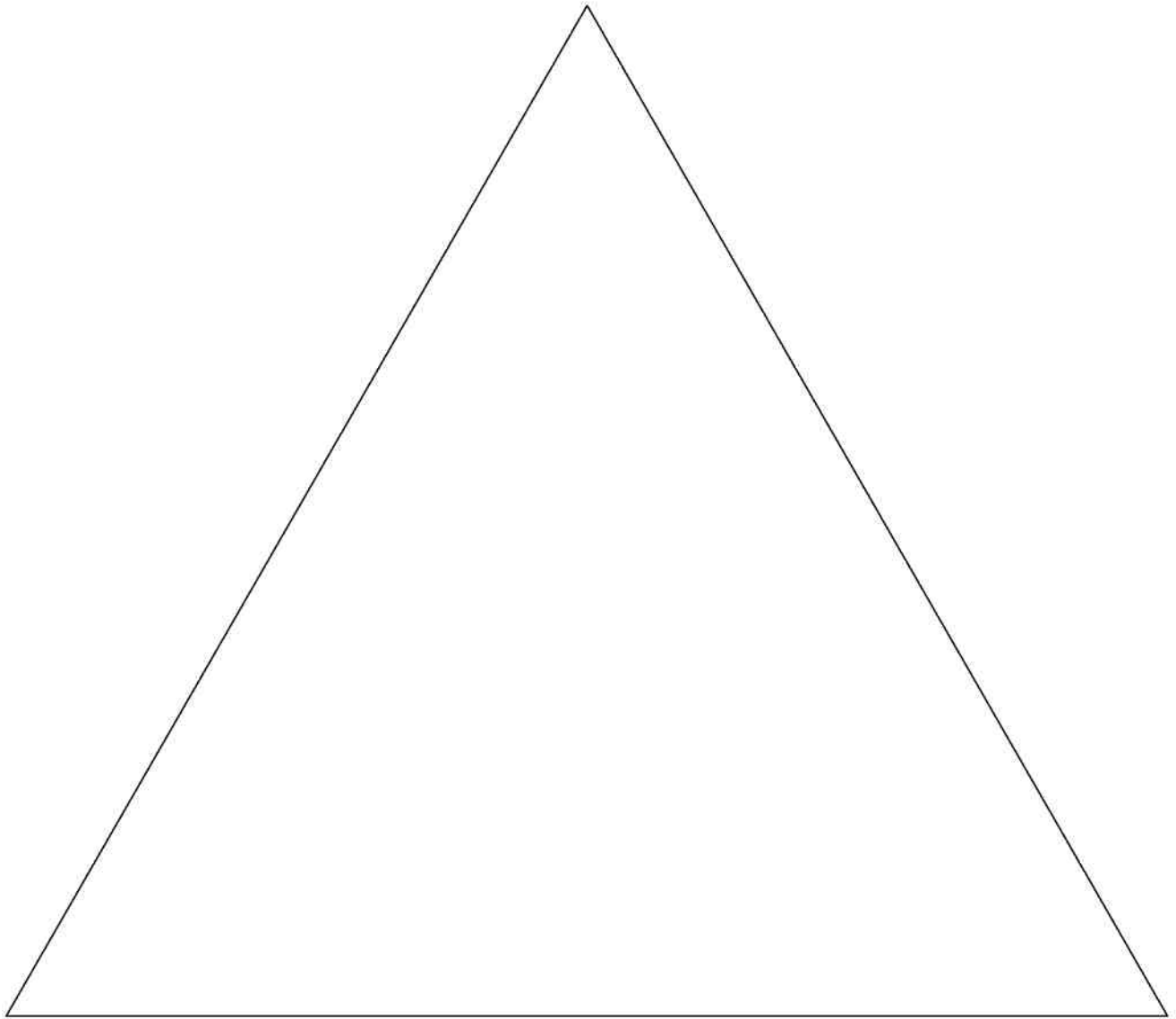
Earn the Cub Scout Personal Fitness belt loop, and complete five of the following requirements:

- 1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.

---

---

---



- 2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. \_\_\_\_\_

---

Don't forget to warm up and cool down. \_\_\_\_\_

---

Cub Scout Workbook

3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.

List the Exercises →	1:	2:	3:	4:
Week 1 Date:				
Date:				
Date:				
Date:				
Date:				
Week 2 Date:				
Date:				
Date:				
Date:				
Date:				

4. Explain the reason for warming up and cooling down before and after each exercise session. \_\_\_\_\_

---



---



---

5. Visit a local gym and talk to a trainer about exercises and programs for young people. \_\_\_\_\_

---



---



---

6. Participate in some aerobic exercises at least three times a week for four weeks.

---



---



---



---

7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.

---

Cub Scout Workbook

---

8. Swim for a total of an hour, charting your time as you go. \_\_\_\_\_

---

---

---

---

9. Participate for at least three months in an organized team sport or organized athletic activity. \_\_\_\_\_

---

---

---