



# Fitness

## Webelos Activity Workbook

This workbook is not required but is designed to help you with this activity badge. No one can add or subtract from the Boy Scout Requirements. Use page backs & add pages as needed. Please send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: December 2005.

**Scout's Name:** \_\_\_\_\_ **Pack:** \_\_\_\_\_ **Activity Badge Counselor:** \_\_\_\_\_

Do this:

1. With your parent, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.

a. Know: Tell why it is important to be healthy, clean, and fit. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

b. Commit: Tell when it is difficult for you to stick with good health habits. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Tell where you can go to be with others who encourage you to be healthy, clean, and fit. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

c. Practice: Practice good health habits while doing the requirements for this activity badge. \_\_\_\_\_

And do six of these:

2. With a parent or other adult family member complete a safety notebook, which is discussed in the booklet "How to Protect Your Children from Child Abuse " that comes with this book. \_\_\_\_\_

3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Supper							

Explain what kinds of meals are best for you and why. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Keep a record of your daily meals and snacks for a week.

Meal/Snack	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Mid-Day							
Evening							

Decide whether you have been eating foods that are good for you. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5. Tell an adult member of your family about the bad effects smoking or chewing tobacco would have on your body. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Tell an adult member of your family four reasons why you should not use alcohol and how it could affect you.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Tell an adult member of your family what drugs could do to your body and how they would affect your ability to think clearly.

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\_\_\_\_\_  
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8. Read the booklet Take A Stand Against Drugs! Discuss it with an adult and show that you understand the material.

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\_\_\_\_\_  
\_\_\_\_\_

**As you complete your Webelos work, notice the Boy Scout Requirements:**

**Look at the Personal Fitness Merit Badge Requirements...**