

Fitness

Webelos Activity Workbook

This workbook is not required but can help you with this activity badge. Your Webelos Den Leader approves your work. No one can add or subtract from the requirements. Webelos Workbooks and much more are below: Online Resources.
Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

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 <u>six</u> 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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Snack							
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. _____

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

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☐ 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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☐ 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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Online Resources *(Use any Internet resource with caution and only with your parent's or guardian's permission.)*

Fitness is preparing you for the Personal Fitness Merit Badge.

Webelos Activity Badge Workbooks: ► usscouts.org -or- ►meritbadge.org

Cub Scout Academics and Sports Workbooks: ► meritbadge.org -or- ►Academics / Sports

Boy Scouts of America: http://www.scouting.org/ ►Guide to Safe Scouting ►Age-Appropriate Guidelines for Activities

►Scout ►Tenderfoot ►Second Class ►First Class Rank Videos

Boy Scout Merit Badge Workbooks: usscouts.org -or- meritbadge.org ►**Merit Badge Books:** www.scoutstuff.org

ExpertVillage First Aid Videos:

Warm Up Stretching Running Pull-Ups Push-Ups Basketball Baseball Football Bench Press Leg Curls

Amateur-Sports.com: http://www.amateur-sports.com

American Dietetic Association: http://www.eatright.org

American Hearty Association: http://www.americanheart.org/

Centers for Disease Control: http://www.fitfamilyfitkids.com

Fitness for Kids: http://www.fitnessforkids.org

Intr. Food Information Council Foundation: http://ific.org

KidsHealth: http://www.kidshealth.org

National Athletic Trainer's Association: http://www.nata.org