

Sports & Fitness

Eagle Required

Personal Fitness Merit Badge

A 12-week personal fitness plan covering strength, flexibility, and cardiovascular health.

Typical time to complete: **12 weeks minimum**

GOOD FIT IF YOU LIKE

Sports & Fitness

Helping Others

Before You Start

! Schedule your pre-program visit with a doctor or health professional right away — it needs to happen near the start of your 12-week log, not at the end.

Tips for Earning This Badge

- 1 This badge cannot be rushed — it requires a minimum of 12 weeks of documented progress. Start a fitness log on day one.
- 2 The improvement between your initial and final assessments is what matters, not your starting fitness level. Be honest on the first test.
- 3 Pick exercises you will actually do consistently. Elaborate plans that fall apart in week two do not help anyone.
- 4 The visit to a doctor or medical professional is a requirement — schedule it early since appointments take time.
- 5 Counselors want to see a real log, not a reconstructed one — fill it in weekly as you go, since gaps or suspiciously round numbers stand out.
- 6 A common pitfall: scheduling the required medical visit for week 10 instead of week 1. Book it immediately so it does not become the thing holding up your badge.

Official Requirements

We keep this page focused on tips and what to expect, not a copy of the requirement text — requirements get revised periodically, and scouts are generally held to whichever version was current when they started the badge (the same reason Scoutbook lets you filter by pamphlet version). For the exact, current wording, check your Scoutbook record for this badge or the official page below.

Personal Fitness on [scouting.org](https://www.scouting.org) 

Finding a Counselor

Ask your Scoutmaster for the council's merit badge counselor list. For popular badges, a parent in your troop may already be registered as a counselor. If your troop doesn't have one, your council's advancement chair can help connect you.