

**Req. 7:** Outline a comprehensive 12-week physical fitness program using the results of your fitness test.

*Note: You can make a fitness plan that changes weekly.*

*One possibility is to keep the same type of exercise, but change the number of repetitions you perform each week (for example, in week 1, you might do 10 jumping jacks and in week 2, you might do 15 jumping jacks).*

*Another option is to change the type of exercises, being sure to increase the challenge weekly (for example, in week one, you might do 10 jumping jacks and in week 2, you might do 10 log jumps).*

*Make sure you only create this plan after you have completed the fitness test so you know your capabilities and areas that need more or less work.*

Write your fitness plan in the space below. Remember to be as specific and comprehensive as possible.

**Req. 8:** Complete the physical fitness program you outlined in Requirement 7 (on front).

	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Exercise</b>
Week 1	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 2	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 3	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 4	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			

**Personal Fitness Merit Badge Exercise Log**    Name \_\_\_\_\_

	<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Exercise</b>
Week 5	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 6	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 7	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 8	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			

	Day	Date	Time	Exercise
Week 9	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 10	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 11	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			
Week 12	Monday			
	Tuesday			
	Wednesday			
	Thursday			
	Friday			
	Saturday			
	Sunday			