



# Fitness

## Webelos Activity Badge Workbook



The work space provided for each requirement should be used by the Webelos Scout to make notes for discussing the item with Akela, not for providing the full and complete answers. Each Webelos Scout must do each requirement.

No one may add or subtract from the official requirements found in the **Webelos Handbook** (Pub. 33452)

This workbook was updated in December 2013.

<http://www.USScouts.Org> • <http://www.MeritBadge.Org>

Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@USScouts.Org)

Comments or suggestions for changes to the **requirements** for the **activity badge** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

Webelos Scout's Name: \_\_\_\_\_ Pack No. : \_\_\_\_\_

**Webelos Scouts are required to earn the Fitness Activity Badge in order to earn the Webelos Badge.**

**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. (Editor's Note: "this book" is the **Webelos Handbook**. The booklet is also available at <http://www.scouting.org/filestore/ypt/pdf/100-014.pdf>)
- 3. Read the meal planning information in this chapter. With a parent or other family member, plan a week of meals. (Editor's Note: "this chapter" is the Fitness chapter in the **Webelos Handbook**.)

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
Breakfast							
Lunch							
Supper							
Snacks							

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.


- 8. Read the booklet **Choose to Refuse!** ~~Take A Stand Against Drugs!~~ Discuss it with an adult and show that you understand the material.


*Editor's Note: The booklet "**Take A Stand Against Drugs!**" mentioned in requirement 8 in the Webelos Handbook has been replaced with a new booklet, entitled "**Choose to Refuse**", which should be available from your local Boy Scout Council Office*

**Requirement resources can be found here:**  
[http://www.meritbadge.org/wiki/index.php/Fitness#Requirement\\_resources](http://www.meritbadge.org/wiki/index.php/Fitness#Requirement_resources)

## Important excerpts from the [‘Guide To Advancement’](#), No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the official Boy Scouts of America source on advancement policies and procedures.

- [ Inside front cover, and 5.0.1.4 ] — **Unauthorized Changes to Advancement Program**  
**No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements.** (There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs”.)
- [ Inside front cover, and 7.0.1.1 ] — The [‘Guide to Safe Scouting’](#) Applies  
Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]
- [ 4.1.0.3 ] — **Who Approves Cub Scout Advancement?**  
A key responsibility for den leaders is to implement the core den meeting plans as outlined in the Den & Pack Meeting Resource Guide, No. 34409. For Wolf, Bear, and Webelos advancement, den leaders take the lead in approving requirements, though their assistants, and also parents who help at meetings, may be asked to play the role of “Akela” and assist. Parents sign for requirements that, according to meeting plans and instructions in the handbooks, take place at home. For the Bobcat trail and Tiger Cub achievements, parents (or adult partners) should sign in the boy’s handbook; the den leader then approves as progress is recorded in the den’s advancement record.
- [ 4.1.0.4 ] — **“Do Your Best”**  
Advancement performance in Cub Scouting is centered on its motto: “Do Your Best.” When a boy has done this—his very best—then regardless of the requirements for any rank or award, it is enough; accomplishment is noted. This is why den leaders, assistants, and parents or guardians are involved in approvals. Generally they know if effort put forth is really the Cub Scout’s best.
- [ 4.1.2.2 ] — **Cub Scout Academics and Sports Program**  
More than just a recognition opportunity, this program develops new skills, improves those existing, and otherwise enriches Cub Scouting. Details can be found in the Cub Scout Academics and Sports Program Guide, No. 34299. Activities include subjects like science, video games, collecting, and chess; and sports such as baseball, skateboarding, and table tennis. Each has two levels—a belt loop and a pin. Belt loops, which can be earned more than once, are awarded when each of three requirements is met. Cub Scouts may then continue with additional requirements and earn the pin. Archery and BB gun shooting are included, but can only be conducted at a council presented activity with certified supervisors.

## Additional notes of interest:

- Webelos Scouts may complete requirements in a family, den, pack, school, or community environment.
- **“Akela”** (Pronounced “Ah-KAY-la”) — Title of respect used in Cub Scouting—any good leader is *Akela*. *Akela* is also the leader and guide for Cub Scouts on the advancement trail. The name comes from Rudyard Kipling’s Jungle Book. (See “Law of the Pack.”)
- **“Law of the Pack”** —  
*The Cub Scout follows Akela.*  
*The Cub Scout helps the pack go.*  
*The pack helps the Cub Scout grow.*  
*The Cub Scout gives goodwill.*