



FITNESS

Activity Badge Scoreboard

2003 Webelos Book pages 246—258

REQUIRED FOR WEBELOS BADGE

1—With your parent, guardian, or Webelos den leader, complete the Health and Fitness Character Connection.									
Know: Tell why it is important to be healthy, clean, and fit.									
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.									
Practice: Practice good health habits while doing the requirements for this activity badge.									
And DO SIX OF THESE:	6	6	6	6	6	6	6	6	6
2—With parent, complete Safety Notebook, discussed in booklet “How to Protect Your Child from Child Abuse” in Webelos book									
3—Read meal planning section; plan a week of meals; explain what meals are best for you, and why.									
4—Record daily meals and snacks for a week. Are you eating foods that are good for you?									
5—Tell an adult family member the bad effects of smoking or chewing tobacco on your body.									
6—Tell an adult family member four reasons not to use alcohol, & how it could affect you.									
7—Tell an adult family member about the effects of drugs on you body and your ability to think clearly.									
8—Read booklet, Take a Stand Against Drugs!, discuss it with an adult and show that you understand the material.									
COMPLETED BADGE REQUIREMENTS									
Badge awarded at pack meeting - Date									