

# Webelos Fitness Badge Worksheet

Please Complete and Return at the **Oct. 12th** Den Meeting

With an adult in your family, do each of the following items. Have them sign off each one when you are done.

Item 2—Create a “Safety Notebook”. This is discussed in the “How to Protect You Children from Child Abuse” booklet attached inside the front of your Webelos Handbook. This notebook could include such things as:

- What to call 911 for
- Phone numbers for Parents cell phones
- Emergency Phone numbers for other family or neighbors
- Safety rules for the telephone
- Rules for being home alone
- Rules for protecting yourself on the internet
- Safety rules for activities around the house like sports or swimming pools or play equipment
- Safety rules with older or younger siblings
- Safety rules about danger items around your house
- Safety rules about playing around the neighborhood
- What ever other rules your family has.

Bring the notebook on October 12th to show

Item 5—Tell about the bad effects Smoking and Chewing Tobacco can have on your entire body. (see page 256 in the Handbook)

Completed\_\_\_\_\_

Item 6—Tell about why children should not use Alcohol and how it could effect you. (see page 257 in the Handbook)

Completed\_\_\_\_\_

Item 7—Tell about what drugs could do to your body and your mind. (see page 257-258 in the Handbook)

Completed\_\_\_\_\_

# Meal Planning

Item 3—Read the meal planning information in the Fitness chapter. Plan a week of meals. Talk about what kinds of meals are best for you and why.

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

# Eating Record

Item 4—Record what you eat for a week. Decide if you have been eating foods that are good for you?

	Breakfast	Lunch	Dinner	Snacks
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				