



Personal Development — Spiritual

- ◇ 1. Lead your troop in a spiritual activity such as a reading, prayer, or grace.
- ◇ 2. Participate in the planning and conducting of a Scout's Own.
- ◇ 3. Attend a faith service of your choice, or participate in a Scout's Own with your troop.



Social

- ◇ 4. Record ways that you have used the Scout Promise and Law in your daily living.
- ◇ 5. Discuss with your parents, Section II of *"How to Protect Your Children from Child Abuse."*
- ◇ 6. Discuss the effects of peer pressure. Describe how peer pressure affects you.
- ◇ 7. Participate in a discussion of the effects of alcohol, tobacco, and drugs.

Intellectual

- ◇ 8. Explain the importance of goal-setting.
- ◇ 9. Demonstrate setting personal goals, including the steps that will be required in order to achieve your goal.



- ◇ 10. Discuss your goals with your Scout leader and family.

Physical

- ◇ 11. Show that you understand the following aspects of personal health and hygiene as they pertain to a camping environment:
 - a) Care of skin, hair and nails;
 - b) Care of eyes, ears and teeth;
 - c) Proper amount of sleep;
 - d) Functions of the main organs of the body; and
 - e) Care of allergies.



- ◇ 12. Understand general public health measures, which include water treatment and immunization.



- ◇ 13.Explain the value of exercise.
- ◇ 14.Participate and show ability in an individual or team sport.
- ◇ 15.Demonstrate basic fitness level in five different exercise areas:
 - a) Push-ups (5);
 - b) Shuttle run (14 second); (3 shuttles, 10 metres from start)
 - c) Partial curl-ups (17);
 - d) Standing long jump (1.35 m);
 - e) 50 m run (10 sec.); and
 - f) Endurance run (1600 metres 10 min, 15 sec).

OR

- ◇ 16.Show successful participation in an appropriate physical fitness program.

I got my **Personal Development Badge** on
(Date) _____