

## ScoutFIT Assessment Chart & Award Application

CONGRATULATIONS! Complete your initial and final evaluations and submit this form

Please print all information

Scout's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male or Female (Circle One)

Pack or Troop or Crew (Circle One) #: \_\_\_\_\_ District: \_\_\_\_\_

Mail Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail (self or parent): \_\_\_\_\_

Leader's Name: \_\_\_\_\_

I recruited a non-Scout family member or friend to complete ScoutFIT with me.  Yes

If yes, please check ALL that apply:  Sibling  Parent  Friend  Other \_\_\_\_\_

Did you participate in the Cleveland Family YMCA ScoutFIT cooperative program?  Yes

Date completed ScoutFIT program: \_\_\_\_/\_\_\_\_/20\_\_\_\_

Health Assessments	At <b>START</b> of ScoutFIT	<b>AFTER</b> ScoutFIT
BMI – Body Mass Index (pg.)	%	%
Waist to Hip Ratio & Risk Category (pg.)	.	.
Water Consumption Daily (pg.)	# Ounces of Water	# Ounces of Water

Physical Assessments	At <b>START</b> of ScoutFIT	<b>AFTER</b> ScoutFIT
# of Steps Taken Daily (pg.)	# Steps in 1 Day	# Steps in 1 Day
# Minutes of Daily Physical Activity (pg.)	# mins.	# mins.
# Minutes of Sedentary Activities (pg.)	# mins.	# mins.
Curl-Ups or Partial Curl-Ups	# in 1 min.	# in 1 min.
Shuttle Run	# seconds	# seconds
V-Sit Reach or Sit & Reach	+ ____ cm.	+ ____ cm.
Mile Run	: (min:sec)	: (min:sec)
Pull-Ups or Rt. Angle Push-Ups	Total #	Total #

Program Elements	Activity or Badge	Leader/Parent Initial When Completed
Participate in an outdoor Scout camp or activity		
Fill in your Family's Health History chart (page 3)		
Complete your Activity & Exercise Log (page 8)		
Track your BMI each week throughout the program (page 9)		
Track your food choices (page 15)		
Track your Water Consumption (page 17)		
Earn a Presidential Physical Fitness Award (pages 21-24)		
Earn 1 Belt Loop, Activity Pin or Merit Badge (page 25)		

Please rate your ScoutFIT experience (check one)	Yes	No
Health information in the ScoutFIT program was beneficial to me		
I am now more aware of my health and physical activity needs		
I am eating more healthier food options now after ScoutFIT		
I am more physically fit after completing ScoutFIT		