



Name \_\_\_\_\_

**Because it is written with a mature preparation for manhood, this Trail Badge is to be earned only by registered Adventurer Trailmen.**

This is a Fitness badge. Fitness badges are designed to be used to increase your fitness over time and are progressive in nature, meaning they get more difficult as you improve.

**Do all of the following requirements (1-8)**

- \_\_\_\_ 1. Discuss why keeping your body healthy and strong is important to you and God and list examples of ways it is possible to spend too much time on exercise, sports, or physical training.
- \_\_\_\_ 2. Read 1 Timothy 4:8 and explain the value of “training the body” in relation to godliness.
- \_\_\_\_ 3. Review the Hikers Code. (See *The Trailman’s Handbook*)
- \_\_\_\_ 4. Research the proper food for extended hiking outings. Research the amount of food and water necessary for extended hiking outings.
- \_\_\_\_ 5. Review other items needed in your pack for an all day hike.
- \_\_\_\_ 6. Research exercises, stretches, and aerobic activities designed specifically for hiking conditioning.
- \_\_\_\_ 7. Prepare a hiking fitness and training plan of at least three months to prepare you for increasing hike lengths based on your research and review it with your leader. Include a training schedule and plans for warm-up, stretching, hiking, or other conditioning and a cool down.
- \_\_\_\_ 8. Complete a progressive hiking program consisting of at least 10 hikes beginning at 5 miles for the first hike and increasing to at least a 20 mile hike. Prepare a hiking plan for each hike using the Hikers Code including a trail map or route. Provide it to your leader before each trip. Hikes must be completed in one day and all 10 hikes must be completed in one year. Make sure you take into account temperatures, humidity, and other factors that could prove dangerous for hiking. (Log your hiking trips in *The Trailman’s Handbook*)

Elevation Adjustment: 1,000 foot elevation gain = add 1.5 miles

Example: 7 miles with a 2,000 foot gain (1.5\*2) = 10 miles.

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**Trail Badge Mentor Signature**

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**Date**

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