



# B.F.I.T – Be Fit

## All Grade Levels

The B.F.I.T. Patch program is comprised of activities for girls ages 5-18 that focus on healthy living. B.F.I.T. promotes an active interest in fitness and develops healthy lifestyles through a variety of fun-filled activities.

### ***BE YOURSELF!***

Celebrate you and what makes you unique.

To earn this segment, do the following:

- Daisy Girl Scout, one activity
- Brownie Girl Scout, two activities
- Junior Girl Scout, three activities
- Cadette/Senior/Ambassador Girl Scout, four activities



OR Earn a Petal, Try-It, Badge, Studio 2B Charm, Interest Project, or Girl Scout patch program related to this subject.

1. Celebrate friendship! Do something special with a friend such as write a story about yourselves or create friendship bracelets.
2. Make a “my day” diary. Write or draw what happened to you today. What were the best things and/or the worst things that happened today? How did you feel about them?
3. Create a scrapbook about yourself.
4. Think about what you do every day. Set up a personal care schedule. In the schedule, include such things as taking care of your hair and teeth, bathing and regular health check-ups. What other activities should be included in your schedule?
5. Make an “I” chart. Your chart should include the words: “I like,” “I am,” “I want,” “I need,” “I dream,” “I don’t like,” and “I can.” Fill in the empty spaces with pictures, words or symbols about yourself!
6. Have some family fun. Make a family fun jar. Use a clean jar or other container. Decorate your container with symbols or photos from your family trips, family hobbies or other family activities. On separate pieces of paper, write down things you can do together and put them in the jar. Pull out a piece of paper when your family needs something to do.
7. Do an activity at your school that stresses personal safety. Create a poster or hold an event for your classmates.

## ***FIT, FUN, FACTS***

Feel better, be better and have lots more energy for fun!

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- Daisy Girl Scout one activity
- Brownie Girl Scout two activities
- Junior Girl Scout three activities
- Cadette/Senior/Ambassador Girl Scout four activities



OR Earn a Daisy Petal, Try-It, Badge, Studio 2B Charm, Interest Project Patch, or Girl Scout patch program related to this subject.

1. Exercise for 20 minutes three times a week for two weeks. Try different exercises and record your progress.
2. Find out how much water you should drink every day. Keep a daily record of what you drink.
3. Learn about the food pyramid. Keep a food diary for one week. Make a list of healthier food choices to replace your unhealthy choices.
4. Learn and practice stretching! Find out the benefits of stretching and try out five different stretches.
5. Plan and prepare a healthy snack.
6. Many sports require strength. Learn what activities build your strength. Practice strength building activities such as squats, lunges, pushups and sit-ups. Be sure to use correct form.
7. Volunteer or participate in a local race, school field day or marathon.
8. Collect foods that fit within the guidelines of the food pyramid. Donate those items to a local food pantry.



## ***I AM RELAXED***

Relax, Unwind, De-Stress.

To earn this segment, do the following:

- Daisy Girl Scout one activity
- Brownie Girl Scout two activities
- Junior Girl Scout three activities
- Cadette/Senior/Ambassador Girl Scout four activities



OR Earn a Daisy Petal, Try-It, Badge, Studio 2B Charm, Interest Project Patch, or Girl Scout patch program related to this subject.

1. Create a personal stress kit. Your kit should include things that will help you relax, laugh, dream, or put you at ease. Include at least five items in your kit. Think about how each item helps you relieve stress. Remember to use your kit when you need to de-stress!
2. Get organized! Create a personal planner or schedule. Mark things off your planner as you complete them.
3. Learn a new hobby.
4. Ask three of your friends how they deal with stress. Try out their stress techniques. Which one of their techniques helps you relax the most? Keep track of what is the best de-stress technique.
5. Draw a picture or make a list of whatever is stressing you out. When you finish your list, tear the list up and throw it into the trash basket. Feel your stress melt away!
6. Keep a sleep journal. Track how much sleep you get each night for two weeks. Find out how much sleep is needed for your age and what happens to your body if you don't get enough. Are you getting enough sleep?
7. Set up a time with your family to practice relaxation or stress management techniques together.
8. Do a good deed! Volunteer for a local.



## TAKE ACTION!

Communicate and learn conflict resolution.



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- Brownie Girl Scout two activities
- Junior Girl Scout three activities
- Cadette/Senior/Ambassador Girl Scout four activities

OR Earn a Petal, Try-It, Badge, Studio 2B Charm, Interest Project, or Girl Scout patch program related to this subject.

1. Design three ways to improve communication in your family. Keep a communication journal for a week.
2. Create a “Brag Bag.” With friends or your family, write down positive statements about each other on index cards. Collect the cards and keep them in your brag bag. Pull out the cards and learn what you like about each other. Use the “Brag Bag” when you need a pick-me-up.
3. With your friends, create and act out a situation dealing with peer pressure. What are some techniques you can use to resist peer pressure?
4. Learn the “dos and don’ts” about staying home alone.
5. What would you say or do if you had to make an emergency call? Find out what needs to be included in your call, such as your name, the address of where you are, and what the emergency is. Practice staying calm and making an emergency call.
6. Learn and practice the basics of self defense.
7. Make a poster or list of information you will need in an emergency.



### ***Use what you have learned to create a PERSONAL FITNESS PLAN.***

| MY GOAL IS TO:                     | Do More | Do Less | Stay the Same | Example of what I do |
|------------------------------------|---------|---------|---------------|----------------------|
| Make smarter food choices          |         |         |               |                      |
| Participate in physical activities |         |         |               |                      |
| Be a good friend                   |         |         |               |                      |
| Spend time with my family          |         |         |               |                      |
| Get organized                      |         |         |               |                      |
| Relax and do something I enjoy     |         |         |               |                      |
| Communicate better with my family  |         |         |               |                      |

When you have completed the requirements, you can purchase the patch at any of our six regional offices, [www.girlscoutsgcnwi.org](http://www.girlscoutsgcnwi.org) or our online shop, [www.shopgirlscouts.com](http://www.shopgirlscouts.com) and go to “Uniquely Ours”.