



Trailman \_\_\_\_\_

**BADGE WORK**

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Elective _____				
Elective _____				



# AQUATICS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>1. Participate in a Safe Aquatics Method orientation and fulfill the following requirements pursuant to the Safe Aquatics Method.</b>		
<b>2. Complete the Swimming Competency Test at the Swimmer level.</b>		
<b>3. Demonstrate how to properly put on a personal flotation device (PFD), and while wearing the PFD do the following:</b>		
a. Jump feet first into deep water and swim 25 yards.		
b. Demonstrate the heat escape lessening posture (HELP) cold-water survival technique.		
c. With a group, demonstrate the Huddle cold-water survival technique.		
<b>4. Demonstrate the following reach and throw rescues:</b>		
a. Several reach assists including arm, leg, and towel reaches without entering the water and pole or shepherd's crook.		
b. Throwing a rescue tube or ring buoy to someone at least 25 feet out in the water.		
<b>5. After ensuring the safety of the swimming area, in deep water, do the following:</b>		
a. Tread water for 3 minutes		
b. Survival float on your stomach for 3 minutes		
c. Float on your back for 2 minutes		
d. Demonstrate a feet-first surface dive.		
e. Demonstrate a head-first surface dive and recover a diving ring or some other object from the pool bottom.		
<b>6. EXPERT LEVEL: While wearing shoes, long pants, and a long-sleeve shirt over your swimsuit, jump into deep water.</b>		
a. While treading water, remove the shoes and pants.		
b. Inflate your shirt and float long enough to prepare your pants.		
c. Inflate your pants and use them to float for one minute.		
<b>7. EXPERT LEVEL: Demonstrate that you can continuously swim 200 yards without stopping to rest. While doing so:</b>		
• Observe and attempt at least three of the following five strokes: sidestroke, front crawl, backstroke, elementary backstroke, and breaststroke.		



# CAMPING TRAIL BADGE WORKSHEET

	Date Completed	Verification
<b>1. Explain how to be a good steward and to observe the low impact camping method.</b>		
<b>2. With your troop, unit, patrol or another group of youth, complete the following activities:</b>		
a. At a camping area, explain where the best place to pitch a tent would be and why		
b. With a buddy or by yourself, correctly pitch a tent.		
c. Take the tent down, correctly fold it, and pack it away.		
d. Explain the proper care for tents.		
e. Correctly pitch a dining fly, tarp or other type of covering.		
<b>3. Camping equipment</b>		
a. Make a list of personal equipment you should pack on a weekend camping trip for hot, cold, and rainy weather.		
b. Demonstrate on a camping trip that you have packed all your equipment from your list.		
<b>4. Wilderness sanitation</b>		
a. Demonstrate how to dig and cover a proper cat hole for backwoods human excrement disposal using a small or backpacking shovel.		
b. Explain proper disposal methods for toilet paper for your local wilderness area(s).		
<b>5. Spend at several nights camping in a tent or under the stars and participate in assigned cooking, cleanup, and other camping related activities.</b> <i>(This portion should be attainable within the troop calendar of a given year– Trail Guides and troop leadership may use discretion)</i>		



# FIRE RANGER TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>1. Explain how being a good steward and observing the low impact camping method applies to fires.</b>		
<b>2. Fire Safety</b>		
a. Explain the use of buckets, rakes, and shovels in containing a campfire in a certain location.		
b. Describe safe places to have a campfire, how to learn local regulations, and how to set up a fire circle.		
c. Describe safe vs. unsafe clothing near campfires and open flames.		
d. Describe safe vs. unsafe behavior around a campfire.		
e. Demonstrate how to put out fire on your clothing, hair, or body.		
f. Demonstrate safe striking of stick and book matches and safe use of a lighter.		
<b>3. Fire materials</b>		
a. Explain the use and purpose of tinder, kindling, and fuel firewood.		
b. Explain why wet, green, and ant/vine-covered wood are unsafe and not good for fires.		
c. Describe several types of fire-starters that can be made or purchased.		
<b>4. Fire building</b>		
a. Demonstrate building at least three different fire-lays and explain when you would use each one.		
b. Light one of the fire lays, tend it, and keep it burning until you are done with it.		
c. When finished with the fire, demonstrate the proper way to extinguish it to dead-out.		



**Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED) Use, and Choking First Aid: Do either requirement 1 or 2.**

**FIRST AID TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<b>1. Certification</b>		
a. Complete a CPR-AED instruction class taught by the American Heart Association or American Red Cross that teaches these three skill sets: <ul style="list-style-type: none"> <li>1. Adult CPR, AED, and choking</li> <li>2. Child CPR, AED, and choking</li> <li>3. Infant CPR and choking</li> </ul>		
b. Find out if your meeting location has an AED and where it is located.		
<b>2. Self-study</b>		
a. Explain hands-only CPR.		
b. Stopped breathing.		
c. Explain the use of an AED.		
d. Find out if your meeting location has an AED and where it is located.		
e. Describe and show how to tell if someone is choking and when intervention is required.		
f. Describe and show the positions for treating choking in an adult, pregnant woman, child, and infant.		
<b>Basic First Aid: Do either requirement 3 or requirements 4 through 10</b>		
<b>3. Complete a Basic First Aid (BFA) class taught by the American Heart Association or American Red Cross</b>		
<b>4. Demonstrate the following first aid emergency action plan basics</b>		
a. Checking the scene		
b. Calling for Help (911 or Poison Control)		
c. Approaching Safely		
d. Providing Urgent Treatment		
e. Triage		
f. Deciding the next steps		
<b>5. Demonstrate the following rescuer safety precautions:</b>		



# FIRST AID TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. Wearing of eye protection, breathing masks, and vinyl gloves		
b. Proper glove removal		
c. Proper hand washing		
<b>6. Explain the symptoms and first aid for the following Sudden Illness Emergencies:</b>		
a. Heart Attack		
b. Fainting		
c. Low blood sugar		
d. Stroke		
e. Seizure		
f. Shock		
g. Poisoning		
<b>7. Explain and demonstrate the first aid response for the following:</b>		
a. Severe bleeding on a leg and arm		
b. Nosebleed		
c. Head, neck, and spine injuries		
d. Broken bones, including splinting		
<b>8. Explain the First Aid response for the following injuries:</b>		
a. Severe bleeding you cannot stop with direct pressure		
b. Bleeding from mouth		
c. Tooth injuries		
d. Eye injuries		
e. Penetrating and puncturing objects		
f. Internal Bleeding		
g. Burns (first, second, and third degree)		
h. Electric shock injuries		
<b>9. Explain the first aid for the following bites and stings:</b>		

**FIRST AID TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
a. Animal and human bites		
b. Snakebites		
c. Insect, bee, and spider bites and stings		
d. Poisonous spider and scorpion bites and stings		
e. Ticks		
<b>10. Explain the first aid for the following temperature related emergencies.</b>		
a. Heat cramps		
b. Heat exhaustion		
c. Heatstroke		
d. Frostbite		
e. Hypothermia		
<b>11. Explain and demonstrate first aid for the common outdoor injuries listed below:</b>		
a. Cuts and scrapes		
b. Splinters		
c. Blisters		
d. Something in your eye		
e. Sunburn		
f. Poisonous plants		
g. Dehydration		
<b>12. Explain how the following methods help prevent common outdoor injuries and emergencies:</b>		
a. Work gloves, mole skin, adhesive tape (splinters and blisters)		
b. Sunscreen, sunglasses, broad brimmed hats (sun protection)		
c. Long pants and long-sleeved shirts (sun protection, poisonous plants)		
d. Insect repellent		
e. Plenty of water and a water filter		
f. Synthetic insulating layers and nylon/Gore-Tex outer wear		



# FIRST AID TRAIL BADGE WORKSHEET

	Date Completed	Verified By
g. Sturdy well-fitting hiking boots/shoes (prevent blisters/sprains)		
<b>13. Explain why sun protection is especially important while on the water, in the snow, or at high altitude</b>		
<b>14. Make first aid kits yourself</b>		
a. Make a personal first aid kit for hiking and other wilderness trips		
b. Make a home first aid kit for your family		
<b>15. Explain how to get medical assistance while on a wilderness camping trip, a river trip, and on open water.</b>		
<b>16. Demonstrate splinting, slings, and bandaging for the following injuries to permit transport of victims:</b>		
a. Twisted ankle (sprain or strain)		
b. Broken ankle		
c. Broken lower arm		
d. Broken upper arm		
e. Broken collarbone		
f. Broken lower leg		
g. Broken upper leg		
<b>17. Demonstrate the following methods of transporting victims:</b>		
a. Walking assists: one and two rescuers		
b. Drags: Blanket, shoulder, and ankle (conduct these with great care)		
c. Two Rescuer Carries: Two-hand seat, four-hand seats, and chair carry.		
d. Human stretcher carry for 3-6 Trailmen		
e. Improvised Stretchers: Blanket and shirt/coat (2)		
<b>18. Demonstrate the emergency procedures for the following clothing fire emergencies:</b>		
a. Stop, Drop, and Roll response to your clothes catching fire		
b. Response to another person who panics and runs.		





# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>Do all of requirements 1 through 6:</b>		
<b>1. Basic Flag Ceremonies:</b>		
a. Demonstrate proper folding of the American flag.		
b. Demonstrate the proper placement of hands (and hats) while reciting the Pledge.		
c. Understanding (and demonstration if possible) displaying the colors for an outdoor flag ceremony.		
d. Understanding (and demonstration if possible) raising and lowering the American flag for an outdoor flag ceremony.		
e. Participate in a flag ceremony for your Troop meeting, award ceremony, or other indoor ceremony.		
<b>2. Know the Flag Code and its history. Diagram the proper way to display the American flag in the following circumstances:</b>		
a. When carried in a procession with another flag or flags.		
b. When displayed with another flag against a wall with crossed staffs.		
c. When a number of flags on staffs are displayed with the American flag.		
d. When state flags or other pennants are flown from the same halyard with the American flag.		
e. When flags of two or more nations are displayed.		
f. When a flag is displayed on a staff projecting horizontally from a windowsill or building.		
g. When the flag is not on a staff and is displayed flat against a wall horizontally and vertically.		
h. When used on a speaker's platform.		
i. When flown at half-staff.		
j. When used to cover a casket.		
<b>3. Make a diagram of the American flag, labeling all its parts. Include and be able to define the hoist, peak, fly, staff, halyard and union (see attached worksheet).</b>		
<b>4. Learn the history of the Pledge of Allegiance.</b>		



# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>5. Learn the date, the conflict, the American flag's design, its physical condition, and the situation that prompted Francis Scott Key to write the Star Spangled Banner (see attached worksheet).</b>		
<b>6. Read through the words of the National Anthem written by Francis Scott Key. Explain line by line in your own words what was going on and his views on it.</b>		
<b>Do three requirements from group 7 through 14:</b>		
<b>7. Participate in the color guard for a flag ceremony for a troop or community event.</b>		
<b>8. Find a script giving a meaning or symbolism to each of the 13 folds required to properly fold and American flag and use it in a flag ceremony.</b>		
<b>9. Find or write a special flag ceremony and perform it in front of an audience</b>		
<b>10. Teach a Woodlands Unit a flag ceremony and help them perform it at a Troop function.</b>		
<b>11. Find or write a respectful American flag retirement ceremony and perform it before members of the troop.</b>		
<b>12. Participate in a flag planting service project at a cemetery for their Memorial Day service honoring veterans.</b>		
<b>13. Learn the history and usage of the 21-gun salute.</b>		
<b>14. Research the origins of Flag Day and plan a special event celebrating the day for your Troop or community.</b>		
<b>DIAGRAMS AND DRAWINGS</b>		
<b>2. Know the Flag Code and its history. Diagram the proper way to display the American flag in the following circumstances:</b>		



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**BADGE WORK**

# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
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**Flag Code history:**

a. When carried in a procession with another flag or flags.

b. When displayed with another flag against a wall with crossed staffs.



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**BADGE WORK**

# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>c. When a number of flags on staffs are displayed with the American flag.</p>		
<p>d. When state flags or other pennants are flown from the same halyard with the American flag.</p>		
<p>e. When flags of two or more nations are displayed.</p>		



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**BADGE WORK**

# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>f. When a flag is displayed on a staff projecting horizontally from a windowsill or building.</p>		
<p>g. When the flag is not on a staff and is displayed flat against a wall horizontally and vertically.</p>		
<p>h. When used on a speaker's platform.</p>		



# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>i. When flown at half-staff.</p>		
<p>j. When used to cover a casket.</p>		
<p><b>3. Make a diagram of the American flag, labeling all its parts. Include and be able to define the hoist, peak, fly, staff, halyard and union.</b></p>		<p>Hoist Peak Fly Staff Halyard Union</p>
<p><b>4. Learn the history of the Pledge of Allegiance.</b></p>		



# OUR FLAG TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>1. 5. Learn the date, the conflict, the American flag's design, its physical condition, and the situation that prompted Francis Scott Key to write the Star Spangled Banner</b>		
Date:		
Conflict:		
American flag's design		
its physical condition		
situation		

## Sample Scripts for Presentation/Recession of the Colors

### Opening:

- 1) "Color Guard, prepare to present the colors" - WAIT until Color Guard is at the back of the room
- 2) "Ladies and Gentlemen, please rise for the presentation of the colors"
- 3) "Troop, Attention"
- 4) "Color Guard, advance - Hand Salute" - WAIT until Color Guard has arrived at the flag stands
- 5) "Color Guard, prepare to post the colors" - WAIT until the Color Guard is ready
- 6) "Ready, post" - WAIT until colors are posted
- 7) "Please join me in the Pledge of Allegiance"
- 8) "I pledge allegiance to the flag of the..."
- 9) "Ready, Two"
- 10) "Color Guard, dismissed"

### Closing:

- 1) "Color Guard, prepare to retrieve the colors" - WAIT until Color Guard is at the back of the room
- 2) "Color Guard, advance" - WAIT until the Color Guard has arrived at the flag stands
- 3) "Ladies and Gentlemen, please rise for the recession of the colors"
- 4) "Troop, Attention" - WAIT 1 second
- 5) "Color Guard, retrieve the colors - Hand Salute" - WAIT until the Color Guard has the colors in-hand
- 6) "Color Guard, Forward March" - WAIT until the Color Guard is at the back of the room
- 7) "Ready, Two"
- 8) "Color Guard, dismissed"



## ***The Star Spangled Banner, by Francis Scott Key***

Oh, say can you see by the dawn's early light  
What so proudly we hailed at the twilight's last gleaming?  
Whose broad stripes and bright stars thru the perilous fight,  
O'er the ramparts we watched were so gallantly streaming?  
And the rocket's red glare, the bombs bursting in air,  
Gave proof through the night that our flag was still there.  
Oh, say does that star-spangled banner yet wave  
O'er the land of the free and the home of the brave?

On the shore, dimly seen through the mists of the deep,  
Where the foe's haughty host in dread silence reposes,  
What is that which the breeze, o'er the towering steep,  
As it fitfully blows, half conceals, half discloses?  
Now it catches the gleam of the morning's first beam,  
In full glory reflected now shines in the stream:  
'Tis the star-spangled banner! Oh long may it wave  
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore  
That the havoc of war and the battle's confusion,  
A home and a country should leave us no more!  
Their blood has washed out their foul footsteps' pollution.  
No refuge could save the hireling and slave  
From the terror of flight, or the gloom of the grave:  
And the star-spangled banner in triumph doth wave  
O'er the land of the free and the home of the brave!

Oh! thus be it ever, when freemen shall stand  
Between their loved home and the war's desolation!  
Blest with victory and peace, may the heav'n rescued land  
Praise the Power that hath made and preserved us a nation.  
Then conquer we must, when our cause it is just,  
And this be our motto: "In God is our trust."  
And the star-spangled banner in triumph shall wave  
O'er the land of the free and the home of the brave!



**OUTDOOR COOKING TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<b>1. Explain how being a good steward and observing the low impact camping method applies to outdoor cooking.</b>		
<b>2. Demonstrate the following:</b>		
a. Sanitation practices		
b. Washing dishes		
c. Personal hygiene		
d. Food storage		
e. Protecting your food from animals		
<b>3. Explain the advantages, disadvantages, and safety for using propane/ butane camp stoves, liquid fuel stoves, lightweight stoves, wood fires, and charcoal.</b>		
<b>4. Set-up, light, and use a lightweight camp stove.</b>		
<b>5. Cook a one-pot meal over the fire or camp stove.</b>		
<b>6. Cook a foil meal on charcoal.</b>		
<b>7. Plan or help plan a balanced nutritious menu for a weekend camping trip.</b>		
<b>8. Purchase the food items needed for a weekend camping trip within the budget set by your leader or dad.</b>		
<b>9. With a buddy or by yourself, prepare, cook, and clean up the planned meals using any of the following means: Campfire, propane stove, liquid fuel stove, charcoal, Dutch oven, sandwich irons, box oven, or solar cooker oven.</b>		



# ROPEWORK TRAIL BADGE WORKSHEET

	Date Completed	Verified By
1. <b>Explain how being a good steward and observing the low impact camping method applies to Ropework.</b>		
2. <b>Whipping and fusing:</b>		
a. Demonstrate whipping the ends of a natural fiber rope.		
b. Demonstrate fusing the ends of a synthetic rope.		
3. <b>Tie the following knots and describe their usefulness:</b> ( <i>Understanding is expected here—not expertise</i> )		
a. square knot		
b. bowline		
c. two half-hitches		
d. taut line hitch		
e. clove hitch		
f. timber hitch		
4. <b>Lashing</b>		
a. Tie square, diagonal, shear, tripod, round, and floor lashings and describe their function.		
b. Lash the following trestles: X-Trestle, A-Trestle, and H-Trestle.		
c. Make a useful structure for camp using at least three different types of lashings.		

**TRAIL SKILLS TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<b>1. Trail ethics:</b>		
a. Explain how being a good steward and observing low impact camping method applies to Trail Skills		
b. Explain the Hiker's Code and how a hiker should be responsible and learn the buddy system.		
<b>2. Trail safety:</b>		
a. Describe how to identify poisonous plants in your area such as poison oak, poison sumac, stinging nettle.		
b. Describe how to identify venomous snakes in your area such as rattlesnakes, coral snakes, or water moccasins.		
c. Describe natural hazards you might encounter on a hike including river crossings and what to do if faced with them.		
<b>3. Equipment:</b>		
a. Describe the clothing necessary for hiking, including proper footwear and socks.		
b. Explain the limits on how much weight you should carry and how much water you should take.		
c. Demonstrate proper packing and necessary items for a day pack for a day hike.		
<b>4. Navigation:</b>		
a. Explain how an orienteering compass works.		
b. Explain what a topographic map is and what the contour lines and map symbols mean.		
c. Show how to hold an orienteering compass and take a reading.		
d. With an orienteering compass, orient a map to North.		
e. With an orienteering compass and a topographical map, show one method of adjusting for magnetic declination.		
f. With an orienteering compass and a topographical map, demonstrate finding your location using bearings to landmarks.		
<b>5. Measurements:</b>		
a. Measure the average length of your pace.		



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**BADGE WORK**

# TRAIL SKILLS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
b. Using pacing and the felling method, measure the height of a building, tree, flagpole, or other tall feature.		
c. Demonstrate course direction finding in daylight or moonlight without a compass or GPS receiver.		
<b>6. Do one of the following options:</b>		
a. Complete an orienteering course during a meeting (recommended at least one mile and 5 stations.)		
b. Complete a compass course of at least one mile and 8 bearings.		
<b>7. Using a map and compass together, take a multi-mile hike with your patrol or troop.</b> <i>(This portion should be attainable within the troop calendar of a given year– Trail Guides and troop leadership may use discretion)</i>		

**WOOD TOOLS TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<b>1. Explain how being a good steward and observing the low impact camping method applies to Woods Tools.</b>		
<b>2. Describe the Woods Tools Safety Rules</b>		
<b>3. Demonstrate how to clean and sharpen a pocketknife.</b>		
<b>4. Demonstrate how to clean, stow/cover, and change a saw blade for either a folding or bow saw.</b>		
<b>5. Demonstrate cleaning and sharpening an ax or hatchet.</b>		
<b>6. Following the Woods Tools Safety Rules, participate in skill instruction as needed and do three of the following requirements using a knife, bow saw, folding saw, hatchet, or ax:</b>		
a. Whittle a cooking stick and cook a food item over a wood or charcoal fire.		
b. Whittle something out of soft wood.		
c. Make a feather stick (Fuzz stick).		
d. Prepare tinder, kindling, and fuel wood for a small fire.		
e. Saw off a piece of a log at least 2-inches in diameter.		
f. Chop through a log at least 2-inches in diameter on a chopping block.		
g. Split a log		
h. Limb a log (stand on the opposite side of the log from where you are limbing). OR Use an ax to cut a V-shaped notch at least 2-inches deep in a large log (bucking).		







# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
d. Select one of the above countries with a non-constitutional form of government and contrast the treatment of its citizens and noncitizens and contrast that with the treatment of citizens and noncitizens in the United States (US).		
<b>2. Read the US Constitution and all its amendments and then do the following:</b>		
a. Describe the three different branches of our federal government and explain their respective functions:		





# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
b. Find one federal program or service that is a constitutional function of the federal government and explain why it should be provided at the federal level.		
c. Find one federal program or service that is not a constitutional function of the federal government and explain why it should be provided at the state or local level.		
d. Explain how the Electoral College is used to elect the president and how that differs from the popular vote.		







# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<b>3. Explain the responsibilities of US Citizenship</b>		
<b>4. Investigate US citizenship and naturalization requirements using US Citizenship and Immigration Service publications or their web site and do the following:</b>		
a. List the criteria for automatic US citizenship		
b. List the qualifications to become a naturalized US citizen		
<b>5. Do the following requirements on international treaties:</b>		



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**BADGE WORK**

# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. Explain how international treaties are negotiated, signed, and ratified.		
b. Describe the authority of ratified treaties in US law (US Constitution, Article VI)		
c. Investigate the issues involved in one controversial treaty that the US has signed, but has not ratified. <sup>1</sup>		



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**BADGE WORK**

# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
d. Present an argument either in favor or against ratification of your selected treaty.		
<b>6. Do the following requirements on local, county, and state governments:</b>		
a. Determine the types of local and county government used where you live.		



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# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
b. List any major differences of your state government structure relative to the federal government structure. <sup>2</sup>		
c. List at least five services or programs provided for citizens by each of your local, county, and state governments (at least five for each level of government). <sup>3</sup>		



# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
d. List the major taxes and fees collected by your local, county, and state governments to pay for the services they provide.		
e. Explain jury duty, the county juror selection process, and the citizen's duty to serve.		
f. List the residency, age, and registration requirements to vote where you live.		
<b>7. Do three of the following citizenship activities:</b>		
a. Examine the list of 100 Civics Questions from the US Citizenship and Immigration Services. Prepare for and pass the exam as given by USCIS (Answer 6 out of 10 questions picked at random from the 100 questions).  Test Result:		





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# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
b. List the federal taxes that citizens may be required to pay and explain how each is assessed and collected. Compare federal government income with expenses for the last year reported.		
c. Describe how a bill is written, passed in Congress or your state legislature, and signed into law.		



# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>d. List your elected representatives in local, county, state and Federal governments. Select one representative and one issue you care about. Examine his voting record on that issue. Communicate with your representative by email, letter, fax, phone, or in person to express your support or disagreement with his position.</p> <p>Communication? (Yes/No)</p>		
<p>e. List three important local, state, or national political issues for which Biblical moral principles directly apply. Name a bill currently in the local government, state legislature, or US Congress that addresses at least one of these issues. List at least three arguments supporting the bill and at least three arguments opposing the bill.</p>		



# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>f. Explain the differences between and the relationship of government debt and budget deficit. For your local, county, state, and federal governments, determine the amount of debt and budget deficit at the end of their last reported fiscal year.</p>		
<p>g. Attend a meeting of your local government, county government, school board, or park board. Discuss some of the agenda items that are discussed, voted on, or opened to the public for community comments.</p> <p>Meeting Attended:</p> <p>Discussed Items:</p>		
<p>h. Participate in a debate of an issue of importance on a local, state, or national level.</p> <p>Debated Which Issue?:</p>		
<p>i. Visit your state capital and sit in on a legislative session.</p> <p>Date Visited:</p>		



# CITIZENSHIP TRAIL BADGE WORKSHEET

	Date Completed	Verified By
j. Visit Washington D.C. and sit in on a legislative session.  Date Visited:		
k. Visit national landmarks in Washington D.C. such as the Capitol, Library of Congress, National Archives, Washington Monument, or Jefferson Memorial, Lincoln Memorial, World War II Memorial, Korean War Memorial, or Vietnam War Memorial.  Sites Visited:		

<sup>1</sup> Examples of such treaties include the United Nations (UN) Convention on the Rights of the Child, the UN Convention on the Rights of Persons with Disabilities, the UN Convention on the Elimination of All Forms of Discrimination against Women, and the UN Framework Convention on Climate Change.

<sup>2</sup> Examples include single-house legislature, direct election of judges, periodic confirmation of judges by direct election, etc.

<sup>3</sup> Possible services include street repair, snow removal, trash collection and recycling, police and fire protection, parks and related facilities, educational programs, community swimming pools, tennis courts, skating rinks, stop signs and traffic lights, libraries and medical centers.

Notes:

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**EMERGENCY PREPAREDNESS TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<p><b>1. Make a chart assessing our risk for the following emergencies and understand each one and the unique challenges each presents:</b> (Attach your work separately)</p> <p><b>Natural:</b> Flood Tornado Hurricane Winter Storm Extreme Heat Earthquake Volcano Landslide Tsunami Wildfire Pandemic</p> <p><b>Technological:</b> Blackout Hazardous Materials Nuclear Power Incidents Household Chemicals</p> <p><b>Terrorist:</b> Explosions Biological Attack Chemical Attack Cyber Attack Nuclear Device EMP</p> <p><b>Person/Property:</b> Home fire Vehicle Accident Boating Accident Gas Leak Burglary Carbon Monoxide Poisoning Drowning Wilderness / Backcountry Accident</p>		
<p><b>2. Create an emergency plan for your family for the 10 highest risks that you discovered in your research for number 1 above. Include the following information:</b> (Attach your work separately)</p> <p>a. Prevention and preparation necessary</p> <p>b. Reaction during an emergency including alternate communication plans, meeting locations, and alternate methods for daily tasks of the home</p> <p>c. Special needs to be considered for the elderly, infirm, infants and small children and animals</p> <p>d. What to do when the immediate danger is passed or in a prolonged evacuation.</p>		
<p><b>3. Create a list of necessary items and quantities for a Basic Disaster Supply Kit for three days and for two weeks for your family. List some additional items you may also want for some of the more serious long term disasters above. Check off the things you currently have on hand and circle those you don't or need more of.</b> (Attach your work separately)</p>		



Trailman \_\_\_\_\_

**BADGE WORK**

## EMERGENCY PREPAREDNESS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>4. Create lists of emergency items to keep in your car and at work.</b></p> <p>(Attach your work separately)</p>		
<p><b>5. List the local warning systems are available in your area.</b></p>		



Trailman \_\_\_\_\_

**BADGE WORK**

## EMERGENCY PREPAREDNESS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>6. Describe the emergency plans that are in place in place at your school, your church, your meeting location, and your workplace if applicable.</b></p>		



Trailman \_\_\_\_\_

**BADGE WORK**

## EMERGENCY PREPAREDNESS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>7. Explain the following emergency water treatment methods: chlorination, distillation, boiling, and filtering.</b></p> <p>Chlorination:</p>          <p>Distillation:</p>          <p>Boiling:</p>          <p>Filtering:</p>		





Trailman \_\_\_\_\_

**BADGE WORK**

## EMERGENCY PREPAREDNESS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>8. Present the information you learned in this badge to your family.</b> (Parent or Guardian Signature Below)</p>		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>Family Man Forums:</b>            The Family Man Forums requirements can be completed in part or in full by independent study, with your family or parents, with your Mentor and others, with your Unit, or in a group communicating via the Internet (e.g. videoconferencing).            One option to complete the requirements is to participate in forums with members of your Unit and their fathers on each of the topics below. In a forum, everyone studies up beforehand and then they discuss the issues. Rotate the forum facilitator for each topic.</p>		
<p>1. <b>Family Foundation</b> (Reference Gen. 1:28, 2:24; Exo. 20:12-17; Prov. 5:18-19; 1 Cor. 7:2-4, 10-11; Eph. 5:25-31, 6:1-4)</p>		
<p>a. What is a family?</p>		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
b. Why is a man an important part of his family?		
c. How does popular culture undermine the male role in families?		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
d. What moral precepts are prescribed for healthy families?		
e. How does popular culture undermine these moral precepts?		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
f. How do families benefit men, women and children?		
g. How do families benefit society?		
2. <b>Servant Leadership</b> (Reference John 13:1-5, 12-17; Tit. 1:6-9; Ch. 1 of this handbook)		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. Explain the concept of servant leadership		
b. Discuss several examples of servant leadership in the Troop(s) or Unit(s).		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
c. Discuss several examples of servant leadership in your families.		
d. Brainstorm implementation of servant leadership as future fathers.		
3. <b>Family Fitness</b> ( <i>Reference Handbook Ch. 2 on Moral Fitness; Exo. 20:2-17; Matt. 7:12, 22:36-40; Rom. 12:2, 13:9-10; 1 Cor. 6:12-20; Gal. 5:16-26; Eph. 6:10-18</i> )		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. Discuss the meaning and importance of the four types of fitness: Emotional, Mental, Moral, Physical.		





# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>b. Develop a list of activities to aid the fitness of family members in each of the four types.</p>		
<p><b>Family Activities</b></p> <p>Do one activity from each of the following four categories:</p>		
<p>1. <b>Category 1: Nutrition Using the Federal Food Guidelines</b> (<i>Reference "My Plate", "Food Pyramid", or another equivalent balanced nutrition plan</i>) - Do one of a, b, or c</p>		
<p>a. Learn about the food guidelines.</p>		
<p>i. Determine the daily caloric needs are for someone of your age and weight.</p>		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
ii. Determine how much water you should be drinking each day and why.		
iii. Write down everything you eat or drink for one week. (Attach separate log)		
iv. Plan a menu of healthy meals for three days. (Attach separate menu plan)		
b. Learn the relationship between your diet and good health.		
i. Explain the food guidelines and causes of obesity in childhood and among teenagers.		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
ii. List ways to avoid obesity, including diet and exercise.		
iii. Plan one week of healthy menus for your family. (Attach separate menu plan)		
iv. Select one of your nutritious meals and prepare it for your family and clean up afterwards. (Denote which meal on your menu plan)		
c. Learn about the food guidelines and plan balanced meals for your family for one day including breakfast, lunch, and dinner. (Attach separate menu plan)		
i. Prepare a list of needed ingredients (include ingredients on your menu plan)		
ii. Show your menus and ingredients list to your Leader.		
iii. Prepare the planned breakfast, lunch, dinner on one day.		
iv. Clean up after each meal.		
<b>2. Category 2: Household Tasks</b> - Do either a or b		
a. Perform all of the following:		
i. Learn the proper way to do at least five household tasks and perform them for at least one month. These are in addition to grocery shopping, laundry, and ironing tasks required for ii-iv below. See Sample Household Tasks below for ideas. (Attach separate log)		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
ii. Help your family with the grocery shopping for one week including bagging the groceries, carrying them in, and putting them away properly. (Attach separate log)		
iii. Learn how to do laundry and do the laundry for yourself or your family for a week. (Attach separate log)		
iv. Learn how to use an iron and the appropriate temperatures for different fabrics. Press at least three items including something with sleeves. (List your three items)		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>b. With your parents, agree on at least five recurring household tasks. Track your household tasks for three months on a tracking log. See Sample Household Tasks below for ideas.</p> <p>(Attach separate log)</p> <p><b>Sample Household Tasks</b></p> <ul style="list-style-type: none"> <li>Make the bed    Change bed sheets</li> <li>Dust furniture    Polish furniture</li> <li>Clean light fixtures    Clean blinds</li> <li>Vacuum upholstery    Vacuum floor</li> <li>Sweep floor    Mop a floor</li> <li>Clean the bathroom    Set the table</li> <li>Pack lunches    Wash the dishes</li> <li>Dry, put away dishes    Load, unload dishwasher</li> <li>Clean out refrigerator    Defrost freezer</li> <li>Carry in and put away groceries</li> <li>Clean an oven    Sort or fold laundry</li> <li>Launder curtains if washable</li> <li>Wash the car    Wax the car</li> <li>Clean inside your car    Cut the grass</li> <li>Weed a garden    Water the grass or garden</li> <li>Take out trash    Do the family recycling</li> <li>Wash windows    Shampoo a carpet</li> <li>Water house plants</li> </ul>		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>3. <b>Category 3: Family Projects</b> - Do one of a, b, or c</p> <p>a. Help your family with a family project. This could be a maintenance activity such as spring landscaping or spring-cleaning. Or it might be a new project such as painting a room or redecorating. List the role of each family member in the project completion.</p>		



Trailman \_\_\_\_\_

**BADGE WORK**

# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>b. Work with your family to clean out the basement or garage. Sort items into three categories: Things to keep, Things to Donate, and Things for the Trash. Reorganize as needed as you return items to the space. Take your donated items to a charity and the rest to the trash can. (Describe your work here)</p>		



# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>c. Perform a community service project with your family. Some examples are to: Participate in a church service day project, help clean up your church or school, plant trees or flowers in a public area and care for them, plan, cook, and deliver a meal to someone in need, do yard work for someone in need, visit the elderly or disabled, or set-up a recycling drive and donate the proceeds to charity. (Describe your project here)</p>		
<p>4. <b>Category 4: Family Communications</b> - Do one of a, b, c, or d</p>		
<p>a. Plan a celebration, holiday party or special outing for your family and help to implement it. Include in the plan any costs involved for supplies, invitations, food, preparations, cleaning, transportation, lodging, or needed equipment. Discuss with your family any changes you would make if you were to do it again. (Attach separate plan)</p>		





# FAMILY MAN TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>b. Plan and participate in a family meeting. Set ground rules, such as to respect all opinions and to have everyone attend and be allowed to share input. Discuss issues important to your family. For example, decide how chores will be completed, discuss vacation ideas and option, plan a family night or find solutions to a problem.</p> <p>(Describe your meeting, topic, and rules here)</p>		
<p>c. Help a sibling or (under an adult's guidance) a younger child with homework for a week. (Attach separate log)</p>		
<p>d. Under an adult's guidance, read to a younger child each day for a week. (Attach separate log)</p>		



# FITNESS TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>1. Research exercises to improve your physical fitness including stretches, strength training, and cardiovascular activities. Know the safety guidelines for each activity and at what age it is safe to start them. Make note of each of the exercises, and what muscle or muscle group is being targeted.</p> <p>(attach work separately)</p>		
<p>2. Discuss what types of food and beverages should be consumed before and after a hard workout.</p> <p>(attach work separately)</p>		
<p>3. Know how to check and figure your heart rate, and know why it's important.</p> <p>(attach work separately)</p>		
<p>4. Outline a training plan for improving your fitness based on your research to be accomplished within 1 year and lasting 3 months. It should include progressive improvement goals and frequency schedule for exercise. It must be based on your ability and take into account your current fitness level. It must include strength training goals, cardiovascular training goals, and warm up and cool down activities and cover all major muscle groups. It must be approved by your leader and your parents before beginning.</p> <p>(attach work separately)</p>		



Trailman \_\_\_\_\_

**BADGE WORK**

## OUTDOOR LIFE TRAIL BADGE WORKSHEET

	Date Completed	Verified By
1. Explain why weather, water, and lay of the land are important when choosing and setting up camp.		
2. Describe and demonstrate methods to secure food from wild animals, bad weather, and spoilage.		



# OUTDOOR LIFE TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>3. Discuss the importance of safe, clean water and learn how to identify safe or unsafe water. Learn and demonstrate at least two methods of water purification.</p>		
<p>4. Design and pitch a shelter or lean-to using only a tarp and rope. You may fashion your own stakes from wood found at the site. Design your own bedding using natural items and a ground cloth.</p> <p>(Attach work separately)</p>		
<p>5. Plan a campout for your Unit with an individual equipment list, a group equipment list, duty roster, and activity/program plan.</p> <p>(Attach work separately)</p>		
<p>6. Spend at least 40 nights camping in a tent or under the stars. Participate in assigned cooking, clean-up and other camping duties.</p> <p>(Record in troop activities list in your handbook, or attach separate record)</p>		

**OUTDOOR LIFE TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
<b>Do any of the following 30 activities below. They can be from any of the following topics (duplicate credit for work on other Trail Badges is not permitted):</b>		
<b>Adventure Activities</b>		
1. Ascend a mountain to reach the summit requiring at least 10 equivalent miles and gaining at least 1,000 feet in elevation. (for day hiking each 1,000 feet of elevation gain is equivalent to 1.5 additional miles)		
2. Day hike at least 10 equivalent miles. (for day hiking each 1,000 feet of elevation gain is equivalent to 1.5 additional miles)		
3. Backpack (camping at least one night) covering a total of 10 equivalent miles. (for backpacking, each 1,000 feet of elevation gain is equivalent to 2 additional miles)		
4. Snow shoe at least 5 miles		
5. Cross country ski at least 5 miles		
6. Camp overnight in the snow (winter camping)		
7. Take a paddle craft overnighter such as a canoe trip for a total of at least 10 miles.		
8. Go on a paddle craft overnighter such as a canoe trip for a total of at least 10 miles.		
9. Go on a road bike ride of at least 35 miles.		
10. Go on a road bike camping trip of at least 20 total miles and 1 night camping.		
11. Go on a road bike camping trip of at least 20 total miles and 1 night camping		
12. Go on a mountain bike camping trip of at least 5 total miles and 1 night camping		
13. Participate in an approved rock climbing day with at least 4 climbs, one rappel, with one climb being a least a 5.6 on the Yosemite Decimal System (YDS) rating system.		
14. Go camping at least overnight and sleep under the stars (no tent).		
15. Go on a fishing outing where you cook and eat outdoors what you catch.		

**OUTDOOR LIFE TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
16. Go on a half-day fishing outing in a river, lake or ocean where you fish standing in the water, from shore, or from a pier.		
17. Go on a fishing excursion of at least a half day by boat.		
18. Participate in Challenging Outdoor Personal Experience (COPE) course that includes high elements with a duration of at least 4 hours.		
19. Spend at least a half day doing approved trail maintenance with appropriate adult supervision.		
<b>Outdoor Cooking Experiences</b>		
20. Demonstrate to a younger boy or Navigators Unit two things you can cook in either a box oven, Dutch oven or can stove.		
21. Create an Outdoor Meal Cookbook for your troop or add to an existing one, include a minimum of two breakfasts, two dinners, and two desserts. Try out each recipe first.		
22. Cook something in two of the following ways: A paper bag, paper cup, orange peel, or cardboard milk carton.		
23. Using a box oven, prepare and bake a meal and a dessert or bread.		
24. Learn how to use a Dutch oven. Use the Dutch oven to cook a dinner and bake either bread or a dessert.		
25. Plan two-days-worth of meals for a backpacking trip. Keep in mind items that are lightweight and do not require refrigeration or a cooler. Go to the grocery and make a price list for the cost of the items you have planned. Discuss how "repackaging" your ingredients can help use space more efficiently and divide the weight evenly among participants.		
<b>Outdoor Gear</b>		
26. Research at least three different materials for sleeping bag filling. Explain the advantages and disadvantages of each, including weight, insulation, and performance when wet. Present your findings to a Unit in your Troop.		
27. Research warm and cool weather clothing for outdoor activities. Include information about layering, insulation, wicking materials, rain gear, head coverings, and footwear. Present your findings to a Unit in your Troop.		
28. Research types of options when buying a tent for camping and for backpacking include information about weight price, space, weather, extras, and other considerations. Present your findings to a Unit in your Troop.		
29. Make an item of gear from scratch (e.g. drawstring bag)		



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**BADGE WORK**

## OUTDOOR LIFE TRAIL BADGE WORKSHEET

	Date Completed	Verified By
30. Make an item of gear from a kit (e.g. gaiters)		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p><b>Time Management:</b> Do all Time Management requirements (1-6) below:</p>		
1. Make a prioritized list of activities and tasks for a week <i>(create and attach your own separate sheet and schedule)</i>		
2. Make a schedule for that same week showing at least school, church, meal times, exercise, activities, and tasks. <i>(create and attach your own separate sheet and schedule)</i>		
3. Follow your schedule and check off items on your list.		
4. Write on your schedule notes about which scheduled items went OK and which were delayed or took longer.		
5. Check off items on your list as they are completed and note if they were late or took longer than expected.		
6. Tell your mentor what you learned from this exercise and discuss whether you are more schedule or task-oriented.		
<p><b>Money Management Forums:</b> The Money Management Forums requirements can be completed in part or in full by independent study, school coursework, with your Mentor and others, with your Unit, or in a group communicating via the Internet (e.g. videoconferencing). One option to complete the requirements is to complete a biblically-based money-management course for teens, such as Dave Ramsey's Generation Change. Another option is to participate in forums with members of your Unit on each of the topics below. In a forum, every one studies up beforehand and then they discuss the issues. Rotate the forum facilitator for each topic.</p>		
Discuss all topics for each of the four Money Management Forums (1-4) below:		
1. Economic Stewardship Forum Topics		





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**BADGE WORK**

## PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. Concept of Stewardship		
b. Difference between the things you want, the things you need and things you should share.		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
<p>c. Danger in finding your value or identity in material things instead of Christ. (Reference <i>Identity in Christ</i> - Gen. 1:26-27; Ps. 139:13-16; Mt. 10:29-31, <i>Materialism and contentment</i> - Mt. 6:19-34 and Phil. 4:11-13)</p>		
<p>d. Explain the importance of charitable giving. (Reference Lev. 27:30-32; Ps. 24: 1-6; Mt. 6:1-4; Mk. 10:17-25; 2 Cor. 9:6-8)</p>		
<p>2. Insurance Forum Topics</p>		



Trailman \_\_\_\_\_

**BADGE WORK**

# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
a. What is insurance meant to protect against?		
b. Discuss which of the following types of insurance you need and under what circumstances.		
i. Life and Health Insurance: life, health, disability, accidental death and dismemberment, and long term care.		



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**BADGE WORK**

# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
II. Personal Property and Casualty Insurance: homeowners, renters, auto, personal umbrella, recreational vehicle, boat owners, jewelry or other fine arts.		
III. Business Property and Casualty Insurance: general liability, professional liability, umbrella liability, workers compensation, property, and industry specific policies.		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
3. Debt Forum Topics:		
a. Consequences when expenses exceed income and the possibility causes being in debt		
b. Explain these types of debt, their advantages and disadvantages: Mortgage, Auto loan, Home equity loan, Credit card		



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**BADGE WORK**

# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
c. Why credit card debt is especially dangerous.		
d. Difference between a debit card and a credit card.		
e. Alternatives to going into debt for a purchase.		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
f. What steps can be taken to get out of debt.		
g. How a budget helps you to avoid debt.		
4. Investment Forum Topics:		
a. Discuss the advantages, disadvantages, and expected rates of return for:		
i. Stocks		



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**BADGE WORK**

# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
ii. Bonds		
iii. Mutual funds		
iv. Certificates of deposit		





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**BADGE WORK**

# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
v. Money market accounts		
vi. Bank savings accounts		
vii. Annuities		
<b>Money Management Activities:</b> Do one activity from each of the three Money Management categories below:		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
1. Budgeting - Do one of a, b, c		
a. Pick two jobs or businesses (attach work separately)		
i. Compute the cost to get into that job (school, training, tools, equipment, business start-up costs, etc.)		
ii. Determine pay or typical net income		
iii. Ignoring interest, determine how long it takes to earn back your start-up costs using 25% of income.		
iv. Compare start-up costs and time to pay them back		
b. Develop a budget for you as a single 25 year old not living at home. (attach work separately)		
i. Pick a job		
ii. Research average pay		
iii. Make complete budget including: Housing - rent or mortgage (no more than 25% of gross income), Utilities (electric, gas, phone, Internet, cable, etc.), Food, Clothing, and Hygiene Supplies, Auto (loan payment, gasoline, insurance, maintenance, licensing), Other Transportation (Bus, train, etc.), Health (insurance, doctor/dentist visits, drugs, etc.), Fun (travel, movies, eating out, and other entertainment), Education and Training Charitable Giving (church, missions, and other charities), Taxes (income, FICA, self-employment, property, miscellaneous state taxes)		
iv. Compute the percentage of your gross income budgeted for each category and present in tabular or graphical form (e.g. a pie chart).		
c. Develop a three-month budget and track your income and expense. (attach work separately)		
i. Create a three-month budget for all of your income and expenses, including spending, saving and giving.		
ii. If you do not have one and with your parents' permission, set up a checking and a linked savings account to use for this activity.		
iii. Track your actual income and expenses for three months.		
iv. Deposit your saving amount in your savings account and some of your giving or spending amount in your checking account.		

**PERSONAL RESOURCES TRAIL BADGE WORKSHEET**

	Date Completed	Verified By
v. During the three months, write several checks, make several deposits, keep a checkbook, and balance your checkbook with the monthly bank statement.		
vi. After one month, explain to your mentor or Troop Leader any deviations from your original plan including unexpected expenses.		
vii. Adjust your budget based on what you learned from the first month.		
viii. At the end of three months, explain any deviations from your adjusted plan including unexpected expenses.		
2. Investments - Do either a or b		
a. Play the Virtual Stock Exchange game on marketwatch.com (attach work separately)		
i. Play for about 6-9 months to see some of the long-term effects off the market.		
ii. Have your Mentor set up a game for all in your Unit working on this badge or include multiple units to have enough players.		
iii. Check at least weekly on your investments and make any adjustments you think will help your portfolio grow.		
iv. Discuss the results at the end, comparing how each person did with his strategy.		
b. Play the Portfolio on Paper investment game for about 6-9 months. (attach work separately)		
i. You have \$5,000 in pretend money to invest in the stock market.		
ii. Investigate companies you would like to invest in.		
iii. Create a portfolio on paper or on the computer and track your virtual investment.		
iv. You may sell and purchase new stocks as often as you wish but you must deduct \$10 each time you do so.		
v. At the end of the game, evaluate the income and change in your investment value.		



# PERSONAL RESOURCES TRAIL BADGE WORKSHEET

	Date Completed	Verified By
vi. Compare your results with others in our Unit who also complete this exercise.		
c. Debt - Do either a or b		
a. Student loan paycheck analysis (attach work separately)		
i. Choose a field of study and associated business or career. Determine the current average annual pay for that career or business.		
ii. Pick two schools with significantly different annual costs.		
iii. Total up those costs and determine a reasonable amount per year you can pay for school.		
iv. Assume the remainder is funded with student loans and total the loan amount for each school.		
v. Look up the current student loan rate and compute how long it will take to pay each loan back at ten percent of your income.		
b. Compute the monthly payment and total interest paid for the following loans and explain what you learned from this exercise. (attach work separately)		
i. 15-year mortgage of \$100,000 at 5% annual interest (180 monthly payments)		
ii. 30-year mortgage of \$100,000 at 5% annual interest (360 monthly payments)		
iii. 15-year payoff of \$20,000 credit card debt at 20% annual interest (180 monthly payments)		
iv. 30-year payoff of \$20,000 credit card debt at 20% annual interest (360 monthly payments)		
<b>Communication:</b> Do the following Communication requirements (1 and 2 ) below:		
1. Document one money management activity in a short written report including graphics to communicate the results. (attach separate report)		
2. Present the findings of either the same or a different money management activity in a short presentation to your Mentor and Unit.		



Trailman \_\_\_\_\_

**BADGE WORK**