



## **FIT KIDS FAMILY AND CHILD CONTRACT**

Name of Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Dear Parents/Guardians and Children** - *We celebrate this opportunity to become partners in a very important job – helping kids become physically fit and leading a healthy lifestyle. We encourage you to sign this contract together. Parents, please assist your child in taking responsibility for his/her physical activity and nutritional choices. Children, you can make healthy choices every day in what you do and in what you eat.*

### **Children's Goals:**

1. To run, walk, or participate in physical activity for at least 30 minutes each day.
2. To commit to the JUST RUN program and to eventually be able to run or walk at least 3 miles.
3. To learn how to make better nutritional choices through JUST TASTE.
4. To continue to be a good citizen and do JUST DEEDS to help others.

### **Children's Responsibilities:**

1. Participate regularly in the FIT KIDS program and encourage others in the program.
2. To find time at home to run or walk or do physical activity for the JUST RUN program.
3. To make the right choices in what I eat and drink so that I am healthy.
4. To do JUST DEEDS to help others and to demonstrate that I am a good citizen.
5. To JUST TASTE various items on the checklist to expand my healthy eating habits.

### **Children's Agreement:**

I agree to JUST RUN and to participate in other fun physical activities during FIT KIDS. I want to be healthy and I understand that I can make choices that make me healthier. I will try to run or walk or do other physical activity at least 30 minutes each day. I will watch less Television and play fewer video games. I will eat and drink what I know I should to make me healthy. I will try my hardest to help others and to help my family be more active.

\_\_\_\_\_  
Child's Signature

### **Family Support Agreement:**

We agree to support the efforts of our child in meeting the goals outlined above. We will encourage and support our child's other physical activity on a daily basis. We will encourage our child to eat properly and to make the correct decisions on nutrition. We will encourage our child to do JUST DEEDS and act as a good citizen, as well as JUST TASTE new foods to expand their healthy eating habits.

\_\_\_\_\_  
Parent's Signature