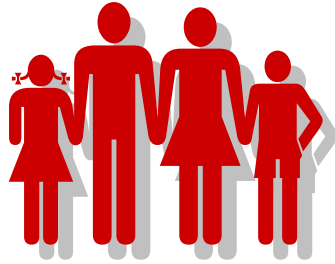


# Fit Family Contract



As a family we have discussed the importance of regular physical activity. We know that children should get at least 60 minutes of physical activity every day, and adults should strive for 30-60 minutes of physical activity each day to promote good health.

We pledge to reach our fitness goals as a family by taking the following actions:

Example: We will play outside after dinner each night (e.g. go for a walk, play catch) for at least 15 minutes.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*I pledge to be a role model for my family by engaging in at least 60 minutes of physical activity every day. I will try my best to help my family be physically active every day so that we will all be healthy.*

*I pledge to help my child reach his/her fitness goal and strive to reach my own fitness goal by taking the actions my child and I have agreed upon. I promise to reinforce the importance of regular physical activity in an effort to make us a healthy "Fit Family."*

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Child's Signature

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Parent's Signature