

PHYSICAL ACTIVITY CONTRACT  
2018-19 SCHOOL YEAR

In 2008, the Iowa Legislature enacted "the Healthy Kids Act," requiring that all students in grades 6 – 12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school.

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

Grade (2018-19): \_\_\_\_\_

School activities that student will be involved in during the 2018-19 school year (include estimate of minutes per week):

FALL

WINTER

SPRING

Cross Country \_\_\_\_\_

Basketball \_\_\_\_\_

Track \_\_\_\_\_

Football \_\_\_\_\_

Wrestling \_\_\_\_\_

Golf \_\_\_\_\_

Volleyball \_\_\_\_\_

Bowling \_\_\_\_\_

Tennis \_\_\_\_\_

Swimming \_\_\_\_\_

Swimming (boys) \_\_\_\_\_

Soccer \_\_\_\_\_

Marching band \_\_\_\_\_

Show choir \_\_\_\_\_

Baseball \_\_\_\_\_

Cheerleading \_\_\_\_\_

Cheerleading \_\_\_\_\_

Softball \_\_\_\_\_

Drill team \_\_\_\_\_

Drill team \_\_\_\_\_

Pom squad \_\_\_\_\_

Trapshooting \_\_\_\_\_

Other\* (what, when, how many minutes per week)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Non-school activities (may include non-school sport teams, gymnastics, dance, individualized exercise program, etc.) that student will be involved in during the 2018-19 school year.

Student's Signature \_\_\_\_\_ Date Signed: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Signature of Building Principal: \_\_\_\_\_