

PHYSICAL ACTIVITY CONTRACT

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: _____

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

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
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 this school year.

Student's Signature _____ Date Signed: _____

Signature of Parent/Guardian: _____

Signature of Building Principal: _____