

# Physical Activity Contract

In 2009, the Iowa Legislature enacted “the Healthy Kids Act”, requiring that all students in grades 7-12 engage in physical activity for a minimum of 120 minutes per week in which there are at least 5 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 named above will be involved in during the school year:

**FALL**

Volleyball\_\_\_\_\_

Football\_\_\_\_\_

Cheerleading\_\_\_\_\_

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

Marching Band\_\_\_\_\_

**WINTER**

Basketball\_\_\_\_\_

Wrestling\_\_\_\_\_

Cheerleading\_\_\_\_\_

SAQ/Weights\_\_\_\_\_

**SPRING**

Track\_\_\_\_\_

Golf\_\_\_\_\_

Trap\_\_\_\_\_

Marching Band\_\_\_\_\_

Other \* (what, when, how many times 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 school year.

\*Similar endeavors that involve movement, manipulation, or exertion of the body, including work activities such as on the family farm or other work meeting the definition of physical activity.

We verify that this student will be active for at least 120 minutes per week when all his/her activities, as indicated above, are totaled.

Student’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent’s Printed Name: \_\_\_\_\_

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Building Principal’s Signature: \_\_\_\_\_