



Physical Activity Family Contract

I, _____ agree to be physically active 60 minutes a day in order to keep my body healthy. We, _____ and _____ understand that there may be some instances in our normal routine that may not allow _____ to be active for 60 minutes on a certain day and that these instances will be allowed for once and awhile.

If _____ is able to complete 60 minutes a day for the period of _____, he/she will be given the special prize of _____, as agreed upon by _____ and _____. If _____ does not complete the required 60 minutes of physical activity a day for the set time period above, the special prize will not be awarded.

Signed:

(Child)

(Parent/special adult)

(Date)