

# Be Active Kids® Physical Activity Contract

Make a commitment to lead a healthy  
and active life by accepting the following  
challenge and completing the activities below.

I, \_\_\_\_\_, agree to complete the following activities by \_\_\_\_\_.  
Child's Name Date

1. Turn off the TV and perform jumping jacks while reciting the alphabet for five days. ☐ \_\_\_\_\_
2. Play outside for at least 30 minutes three days a week. ☐ \_\_\_\_\_
3. Help a parent clean the house for at least 20 minutes two day a week. ☐ \_\_\_\_\_
4. Go on a scavenger hunt around your neighborhood with a family member at least one day a week. ☐ What did you find?  
\_\_\_\_\_  
\_\_\_\_\_

Child's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Please submit your child's physical activity contract to Be Active North Carolina  
to be entered into a drawing for a Be Active Kids® prize pack.  
Fax or email completed contracts to 919-510-5033 or [info@beactivekids.org](mailto:info@beactivekids.org).