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.

1. ________________________, 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 days 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.

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