

# contract for pediatric (and adult) fitness

This contract offers four simple things that parents/caregivers and youth can do together to improve health and fitness.

## I/WE AGREE TO:

### limit sugary drinks each day!

- One 12-ounce portion of soda, sport drink, or juice—or less.
- Read the label; avoid high fructose corn syrup, added sugar and any drink that is more than 60 calories per 12 ounces. Diet soda is not recommended as a substitute due to bone health and other issues.
- Replace sweet beverages with skim or 1% milk, cold water or sparkling water.

### eat veggies & fruits!

- Ideally, half of what we eat should be fruits or vegetables. At minimum, we should eat five servings of fruits and/or vegetables each day.

### limit screen time to two hours!

(Or as agreed upon—some negotiation for special programs is OK.)  
One hour is even better.

- Screen time includes TV, computer and game system time. Less screen time hopefully leads to more activity and less snacking. There should not be a TV in a child's bedroom.

### increase active living!

Schedule fun and active family activities (walks, bike rides, games, etc).

- Get at least 30 minutes of vigorous physical activity every day.

***Parents/caregivers may wish to offer a reward for successful completion of the contract.***

## WE AGREE TO WORK TOGETHER TO ACHIEVE THESE GOALS:

Parent(s)/Caregiver(s):

\_\_\_\_\_ / \_\_\_\_\_

Start date: \_\_\_\_\_

Youth:

\_\_\_\_\_

End date: \_\_\_\_\_