

“Small Steps: FOUR for More”
A Healthy Family Contract

With the support of the grown-up(s) in my life, I promise to take SMALL STEPS toward living a healthy life. I will wear my Fitness Finder necklace proudly on Wednesdays and work hard to earn new charms by participating in the monthly Wellness activities that are sent home. Charms may also be earned by activities completed at school and family events outside of the school day. **Attached to this contract is the October Family Wellness Challenge.** Take your time with the challenge, but send back the contract ASAP.

Name: _____ AM/PM Teacher _____

Name: _____ AM/PM Teacher _____

Name: _____ AM/PM Teacher _____

Parent Signature _____ (You only need to complete 1 contract per family)

Check here if the people listed above need a Fitness Finder necklace (these are the same necklaces we gave out at many events last year). If you received one last year, please do your best to find it. Also, please work hard to keep track of your necklace by keeping them in your backpack or hanging them on a door knob when not being worn.
Thank a PTA member for buying us these necklaces.

- Each month we will send the Family Challenge. This year we are adopting the theme, “FOUR for More”. Students and their families will be asked to try FOUR new things (for example, 4 new vegetables or 4 new yoga poses, etc.). Students will simply write a word or draw a picture in each of the 4 boxes then send it back to school.
- Each month we will randomly select the challenges that are returned and feature them on our Healthy Habits board in the cafeteria (optional). Siblings can have the same pictures/words **or** have their own. It’s up to you. Keep your eye on the board as the pictures/words will rotate throughout the month.

When I complete my challenges, I would like to be featured on the Healthy Habit Stars board. (Remember, you can do it on your own or ONE for the whole family).

I will return my challenges each month, but I would NOT like to be featured on the Healthy Habit Stars board.