



# Hip Hop Healthy Heart Program for Children™ FAMILY CONTRACT

\_\_\_\_\_ School is beginning the Hip Hop Healthy Heart Program for Children™, an exciting wellness curriculum for the entire family, on (Date)\_\_\_\_\_. The Program is designed to inspire a lifetime of healthy habits for the entire family.

We encourage you to participate in the following ways:

- ♥ **Homework Help:** Throughout the program, your child will be bringing home handouts that include everything from Hip Hop wellness rhymes, to vocabulary words, exercise plans and much more. Please work on the assignments with your child.
- ♥ **Successful Goal Setting:** Below, please identify 3 Nutrition and Fitness Goals and how you and your child will work on them together during the program.
- ♥ After signing, please return page 1 to your child's teacher.

I, (full name) \_\_\_\_\_, promise to participate in The Hip Hop Healthy Heart Program for Children™ with my son/ daughter\_\_\_\_\_.

Date: \_\_\_\_\_

Our 3 Nutrition and Fitness Goals:	In order to accomplish these goals, we plan to:
1.	1.
2.	2.
3.	3.



## Hip Hop Healthy Heart Program for Children™ FAMILY FITNESS GOALS

### Home Copy:

- ♥ Please copy the Goals and Accomplishment plans from page 1 into the boxes below.
- ♥ Hang this page in a prominent place (*refrigerator, bathroom or bedroom mirror, etc.*) as a daily reminder.

Our 3 Nutrition and Fitness Goals:	In order to accomplish these goals, we plan to:
1.	1.
2.	2.
3.	3.