



## 2023-2024 Fitness for Life (FFL) Contract of Intent

Student Name (Last Name, First): \_\_\_\_\_  
(print clearly)

Graduation year (circle one):     2027   2026   2025   2024

I (student name) \_\_\_\_\_ have enrolled in the Fitness for Life (FFL) Independent Study program to earn my PE credit for the 2023-24 school year. I commit to participate in the FFL program for the entire 2023-24 school year. The FFL program is a parent-supervised, self-directed, year-long fitness program.

By signing below, the parent agrees and the student commits to:

- Establish and participate in a fitness program/activity geared toward elevating a student's heart rate at least three times per week for a minimum of 30 minutes each session.
- Student agrees to participate in the established independent fitness program.
- Student agrees to submit three (3) fitness goals for the school year that will be approved and reviewed quarterly with a designated faculty member.
- Student and Parent(s) agree to submit monthly progress reports for confirmation that the student is/is not on track and consistently fulfilling the fitness program requirements.
- Failure to complete monthly logs by the due date will result in loss of credit. Please note that students are required to complete a total of 4 PE credits in order to graduate.

Students will receive a Pass/Fail grade at the end of the school year upon confirmation of successful completion. **All students are required to complete one PE credit each school year.**

Student Signature: \_\_\_\_\_

*I agree to everything listed above and commit to overseeing my student's fitness program and responding to the requests for confirmation on the status of my student's participation in this program.*

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(print clearly)

Parent Signature: \_\_\_\_\_

This form must be completed, signed and returned to Mr. Warren by August 31.