



2024-2025 Fitness for Life (FFL) Contract of Intent

Student Name (Last Name, First): _____
(print clearly)

Graduation year (circle one): 2028 2027 2026 2025

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 2024-25 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 30.