



fit families

Eat Healthy

Be Active

**Your kids
are watching**

Fit Families Program Enrollment Contract Procedure

The Fit Families coach will complete a Fit Families Enrollment contract with each family for each child at the start of the Fit Families enrollment period.

The coach assists the family in selecting the Fit Families core theme message they wish to begin working within and setting their initial fit families goal. The parent/guardian signs the contract.

The coach obtains the responses to the Fit Families core theme baseline data collection questions. The data is entered into the Fit Families Tracking spread sheet. The same questions are asked at the end of the contract period for final evaluation purposes and entered into the Fit Families Tracking spread sheet.

Following are the definitions used for data collection purposes:

Sweetened Beverage is any sugar-sweetened beverage other than chocolate milk. Sweetened beverages include all sodas, fruit drinks, fruit cocktails, fruit drink pouches, sports drinks, energy drinks, sweetened water, sweet teas, and sweet coffee drinks.

Fruit is any canned, fresh or frozen product of a tree or other plant that contains seed and can be eaten as food.

Vegetable is any canned, fresh or frozen plant product eaten as food.

Fruit juice is any 100%, no sugar added liquid obtained from a fruit.

Physical activity is movement of the body that uses energy. Reportable minutes of child physical activities are those of moderate to vigorous intensity. (i.e., walking, running, jumping, skipping, crawling, climbing, biking, swimming, active indoor or outdoor play, etc.)

Screen time is sedentary activities done in front of a screen, such as watching TV, working on a computer, playing video games, or using a hand-held device, such as a smart phone or tablet.