

Back in Whack for Teens [BiW4Teens]

Parent-Teen Group Program Commitment Contract

I, _____ the parent/guardian of _____,
agree to the following conditions of participation in the BiW4Teens Group Program:

_____ I agree to make sure my teen/tween makes it to each group session, to the best of my ability.

_____ I agree to visit with my teen/tween after each group session and find out what they learned and worked on during that day's session.

_____ I agree to work together with my teen/tween to complete home-based nutrition activities (i.e. plan healthy menus, shop for healthy food, cook healthy meals).

_____ I agree to get moving [exercise] with my teen/tween at least 3 times a week.

_____ I agree to provide support and encouragement to my teen/tween, anyway that I can, to help them adopt healthier eating and lifestyle habits.

_____ I understand that this program meets weekly for a duration of _____ months.

_____ I understand that this program helps youth adopt healthier eating and lifestyle habits for life. These habits can help my teen/tween achieve a healthier weight plus reduce their risk of developing chronic health conditions like diabetes, heart disease, and cancer.

Parent/Guardian Signature _____ Date _____

Mailing Address _____

Phone # _____ Email _____

I, _____, the teen/tween, agree to the following conditions of participation in the BiW4Teens Group Program:

_____ I agree to attend all group sessions and participate in group activities and exercises to the best of my abilities.

_____ I agree to visit with my parent/guardian after each group session and tell them what I learned that day and show them pages in the workbook that were completed during group.

_____ I agree to work together with my parent/guardian and family members to complete home-based nutrition activities (i.e. plan healthy menus, shop for healthy food, cook healthy meals).

_____ I agree to get a minimum of 3 hours (180 minutes) of physical activity [exercise] per week.

_____ I agree to be kind, helpful, and respectful of other youth in the BiW4Teens group.

_____ I agree to treat my parent/guardian with respect when they encourage me to eat healthier and/or get moving more.

Teen Signature _____ Date _____