

# Parent/Caregiver-Child Heart Health Contract

I, \_\_\_\_\_ (the child), will make eating and activity decisions that support my health and wellness at least 80% of the time.

I, \_\_\_\_\_ (the parent/caregiver), will make eating and activity decisions that support my health and wellness at least 80% of the time.

I, \_\_\_\_\_ (the parent/caregiver), will make eating and activity decisions that support my health and wellness at least 80% of the time.

## **I promise that I will regularly (at least 80% of the time):**

- Engage in vigorous physical activity.
- Walk and move as much as I can.
- Limit my time in front of any screen (TV, computer, video games, etc.) to no more than 2 hours per day.
- Eat at least 5 servings of fruits and vegetables daily.
- Limit junk food, fried foods, fast food, and other unhealthy items to no more than 3 items per week.
- Eliminate all sugar-sweetened beverages and fruit juice.
- Choose lean meats and whole grains when having these items.
- Eat breakfast every day.
- Eat only when hungry and never because I'm bored or sad.

## **I agree to follow all the guidelines laid out in this contract.**

### **Signatures**

**Child:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Parent promise: I also agree to be an excellent role model and to encourage (by example) my child to respect his/her body by caring for it in a healthy manner.

**Parent/caregiver:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/caregiver:** \_\_\_\_\_ **Date:** \_\_\_\_\_

### **MUSC News Center:** News You Can Use

Form provided by Janet Carter, Sodexo registered dietitian with MUSC Boeing Center for Children's Wellness Heart Health Program, <http://www.musckids.com/heart/health/index.htm>  
843-792-4717