In 2008, the Iowa Legislature enacted “the Healthy Kids Act” requiring that all students in Grades 6-12 engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we, as a school district, monitor how students fulfill this requirement.

We ask that you fill out the information below and sign at the bottom. Thank you in advance for your cooperation. Go Mustangs!

Student:_________________________________________________  Grade:________________

FALL

_____ Cross Country
_____ Football
_____ Volleyball
_____ Marching Band
_____ Cheerleading

WINTER

_____ Basketball
_____ Wrestling
_____ Cheerleading
_____ Bowling

SPRING/SUMMER

_____ Track
_____ Golf
_____ Tennis
_____ Soccer
_____ Baseball
_____ Softball

Please list any other physical activities that you participate in to meet the requirement:

_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

Student Signature:__________________________________________________

Parent Signature:___________________________________________________