

Fitness for Life Parent Contact Form

The purpose of this form is to inform parents of the activity log requirements for earning credit in Fitness for Life, and to verify parent contact information for teachers.

Fitness for Life requires students to complete six consecutive weeks (per quarter credit) of aerobic exercise *at least* three times a week for at least 30 minutes each time. Students learn in this class how to figure what their heart rate should be for aerobic exercise. **Exercise heart rates should be between 130-180 beats per minute for 30 continuous minutes.** As a parent, you will verify that your student has conducted these exercise sessions. The student will fill out a weekly activity log, and you will sign each log.

Because one of the goals of the class is to improve student fitness and begin to establish exercise habits for lifetime fitness, it is critical for students to be consistent. Other online classes may allow more flexibility in scheduling, but since physical conditioning requires regular, consistent exercise, this class must be completed within a few weeks (six to eight weeks per quarter credit). It cannot be completed in less than six weeks (12 weeks for a full semester).

If a student needs to take both first and second quarters, s/he will automatically be enrolled in second quarter as soon as the first quarter homework and quizzes are complete (without having to wait to take the final test). Students should immediately submit the 'About Me' assignment at the beginning of each quarter to officially start their enrollment. Activity logs for each quarter must be completed and dated within the actual time period of enrollment (and the two quarters may NOT be completed concurrently).

Please fill out your contact information, and sign below, that you are willing to verify that your student completed the required activities, and that weekly logs are accurate. This form should be submitted with the first week's activity log. It may be scanned or photographed to create an electronic image, and uploaded with the assignment or e-mailed to the teacher as an attachment. As a last resort, it may be mailed to the teacher's physical address.

Student name:

Parent/Guardian name:

e-mail address:

phone number:

date:

signature: