

ACT! Actively Changing Together!

REFERRAL FORM



Referrals are welcome year-round!

The ACT! program was developed in partnership with providers and professionals at Seattle Children's and helps youth ages 8-14 years and their families actively change together by practicing healthier habits as a team. In person and virtual programs are available.

READY TO ACT! NOW?

A healthcare provider referral is required to enroll (may be a doctor, registered nurse, registered dietitian or any licensed healthcare provider) youth must have a body mass index (BMI) ≥85th percentile. You and your child's healthcare provider can complete this form and fax it to (844) 836-8957. The Y will contact interested families after receiving the referral.

Provider completes the following:

I confirm this child/teen is eligible for ACT! with age 8-14 years and BMI ≥ 85th percentile for age

CHILD / TEEN HEIGHT	CHILD / TEEN WEIGHT (KG)
PROVIDER NAME	
SIGNATURE	
DATE	CLINIC
EMAIL OR FAX	

Learn Healthier Habits for Life

Program Overview:

- 13 weekly group sessions for 2 hours per week
- Y family membership to use between weekly sessions
- Sessions led by nutrition and physical activity coaches
- Parents or guardians join the program together with their kids
- Energizing games, parent support group, activities, and light meals

Parent or guardian completes the following:

- I would like to receive more information about ACT!
- I am ready to reserve a spot in the ACT! program and confirm that this child is physically and emotionally able to participate in group physical activity

CHILD / TEEN NAME	
CHILD / TEEN DATE OF BIRTH	CHILD / TEEN GENDER <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Non-Binary
PARENT / GUARDIAN NAME	
ADDRESS	
PREFERRED CONTACT PHONE	
EMAIL ADDRESS (REQUIRED)	
HOW DID YOU FIND OUT ABOUT ACT?	
PREFERRED Y LOCATION	
ADDITIONAL HEALTH INFORMATION (ALLERGIES / ILLNESSES)	

QUESTIONS? Contact us at (360) 753-6576 ext 10257 | viviand@ssymca.net | southsoundymca.org/sheltonact/