



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Ready for a healthy change? Looking for positive support to help your child eat nutritiously and get more physical activity?

It's time to ACT! In partnership with Seattle Children's Hospital, the YMCA offers ACT! (Actively Changing Together) for youth ages 8-14. Youth must be referred by a healthcare provider and have a BMI \geq 85th percentile.

Return this form by fax:

Attn: Jennifer Veitch, 360.753.1897

Or e-mail:

veitchj@ssymca.net

Parent completes the following

I would like to receive information about the ACT! Program

I am ready to reserve a spot in the ACT! Program

Child name: _____

Age: _____

Parent/Guardian name: _____

Preferred contact Phone: _____

Email address: _____

How did you find out about ACT!?

Please fill in health information about the child/teen that may impact physical activity and/or nutrition in the program (allergies, illnesses, etc.):

Provider completes the following

I confirm this child/teen is eligible for ACT! with age 8-14 years and

BMI \geq 85th percentile for age.

I confirm this child is physically and emotionally able to participate in group physical activity.

Child height (cm): _____ Weight (kg): _____

Provider name: _____

Signature: _____

Date: ____/____/____

Clinic: _____

Email or Fax: _____