



## POST ON FRIDGE FIT FOR THE FUTURE!

# TAKE THE PLEDGE!

## 60 Minute Kids' Club Pledge

I pledge to take the first step to increase my daily physical activity requirements and live by the 5-2-1-0 standards, which the 60MKC follows within our 6 healthy habits:



ACTIVITY



NUTRITION



SCREEN TIME



HYDRATION



SLEEP



MENTAL HEALTH

Beginning right now, I will do my part to help improve the overall health of Canadian kids by pledging to be a part of the **60 Minute Kids' Club**.

### I COMMIT TO:

Start living 5-2-1-0 each day over the next 30 days. I will encourage my friends and family to join me and spend more time being physically active and healthy. I pledge to make a difference.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

[60minkidsclub.org](http://60minkidsclub.org)

PREMIER FOUNDING SPONSORS



## HOW TO REGISTER

- 1 Visit the website [60minkidsclub.org](http://60minkidsclub.org)
- 2 Click **LOGIN/SIGN-UP** up in the top right hand corner
- 3 Creating a new account? Click **SIGN-UP TODAY!**
- 4 Fill in the form you see: **KIDS, REGISTER NOW**

**TIPS!:** Create an easy to recall password. Your username will be the first and last name entered in the form, with no spaces.

- 5 Select your province then select your school in the drop down menu
- 6 As a Parent or Teacher please Initial & Read /Agree to the Terms and Conditions
- 7 You will see a message that tells you your username and you will receive an email from [info@60minkidsclub.org](mailto:info@60minkidsclub.org) with your username AND password

*\* If you have an account from last challenge you can simply go to the Login Area*