



Name of School / Organization _____

Contact Person _____

Phone: _____ Fax: _____

Email: _____

Best time to contact me: _____ a.m. _____ p.m.

How did you hear about Smartmoovz? _____

I am interested in: (Check one or more boxes)

Fitness Activity Program (30 Minute Child Activity Program)

Warm-up	5 minutes
Low-intensity phase	3 minutes
High-intensity phase	3 minutes
Low-intensity phase	3 minutes
Cool down	5 minutes

Educational Enrichment Program (15 minute session)

- Basic education on calories in vs. calories out
- Fun facts: Interactive Q & A
- Nutrition education relay races

Moovin' Ahead Fitness Challenge

Designed to motivate kids to incorporate physical activity into their daily lives.