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What is FitKids360?

- FitKids360 is a 7-week (6 weeks plus orientation) program.
- The class meets two hours per week to learn how to be healthier in the areas of fitness and nutrition.
- One of the requirements is that a parent must attend the program with the referred child so that the family is included in the process.

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Is every qualifying child a good fit?

- No. The child and family need to be ready to make a change.

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How do I refer a child?

- Referring a child to the FitKids360 program is as easy as 1, 2, 3.



1. Talk to them about FitKids360 and answer any questions they have. If the family is interested, confirm the child is in the 85th percentile BMI or above and between the ages of 5 to 16.



2. Complete a referral form and ask the family to complete the 'Readiness' survey as well.



3. Fax both the referral form and 'Readiness' survey to **616-632-1005**

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When can I refer a child?

- Anytime! Once a referral is received, we'll contact the family and notify them of upcoming class dates.
- We'll contact them again three to four weeks prior to the next class to complete registration and answer any questions.

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How do I follow up after the program?

- About six to eight weeks after class completion report cards will be mailed to participants and updates will be sent to you.
- If they did not attend class, that information will also be shared with you.
- When you see them next, ask them about the class and continue to support them on their journey.
- If they did attend, at least once per year, complete the FNPA and assess height and weight and fax the information to **616-632-1005**. This is the only way we can determine long-term success of the program. It is also great feedback for the family!