

# MyFi High-Five Grant Overview



## **Purpose**

The MyFi High-Five Grant Program facilitates MyFi’s expansion from the City of Dallas recreation centers into Dallas Independent School District elementary schools and area non-profits. Schools and organizations selected to participate in the two-year grant program will incorporate the MyFi model, share high standards and best practices for youth health and fitness, and develop measurable programs that encourage active and healthy living.

## **Grant Requirements**

- Schools and non-profit organizations must deliver youth-centered physical activity and nutrition programs that target children ages 6-12. Programs must be offered at least 3 days a week with a minimum of 60 minutes of physical activity per day.
- Non-profit organizations must have a minimum of 25 participants and 1 program administrator/coach.
- Schools and organizations must design or modify an existing program that incorporates the five MyFi standards:
  - **Fitness**
  - **Nutrition**
  - **Measurement**
  - **Family Involvement**
  - **Rewards**
- Organizations must commit to assessing, reporting and tracking participants’ progress through the following evaluation tools:
  - FITNESSGRAM – The Cooper Institute
  - Health Behavior Survey – Baylor Health Care System
  - Student-directed assessments using pedometer logs and activity scorecards
- Schools and organizations must commit to enrolling participants in MyFi’s online program.
- All MyFi High-Five members will participate in a pedometer program, where participants will aim for 13,000 steps daily, log their progress, participate in friendly competitions and receive incentives.



## **Benefits to Recipients**

- Provide funding for the tools and resources to facilitate measurement of program outcomes
- Participation in MyFi citywide celebrations
- Participation in sharing of best practices through meetings, newsletters and other special events

## **Grant Components**

• FITNESSGRAM license/one-time cost*	\$ 600
• Annual fee for web hosting data for 2 years (\$356)*	\$ 715
• Grant for program costs	\$3,000
• Administrative stipend (half upfront/back-end)	\$1,000
• Pedometer 24-pack; training included*	\$ 485

\*MyFi will purchase these tools on behalf of High-Five grant recipients.

**Total \$5,800**

## **Timeline**

- July 30: Application toolkits will be delivered to non-profit organizations.
- August 20: Deadline for organizations to submit PDF applications via email to MyFiTeam@MyFiDallas.com.
- September 5: Grant recipients will be notified of their award.
- September 17: FITNESSGRAM testing begins and marks the start of the grant period.