

MyFi High-Five Grant Application



Name of Organization:

Please specify site if submitting applications for more than one location:

Contact Information:

Name:

Title:

Address:

City:

State: Zip:

Phone:

E-mail:

Name:

Title:

Address:

City:

State: Zip:

Phone:

E-mail:

Background and Mission:

Background Questions: (Please provide brief answers; 1-2 sentences/100 words or less per response.)

1. How many children, and what ages does your program serve?

2. How many days per week does your program meet? Which days?

3. What is the daily length of time spent with participants?

4. Please provide your program's retention rate for the past 24 months.

5. What is the primary objective of your program's activity curriculum?

Background Questions, Continued: (Please provide brief answers; 100 words or less per response.)

6. Does your program deliver 60 minutes of moderate-to-vigorous physical activity per day?
Please explain the type/duration of physical activity offered.

7. What type of training does your organization or school offer for volunteers/coaches?

8. Do you have a process in place for gathering input and feedback from children who participate in your program? If so, please share.

9. Please list any grants or recognition your program has received within the past five years.

Program Needs Questions: (Please limit responses to 100 words per question.)

1. How will this grant help enhance your organization's mission and vision in a sustainable way?

2. Please tell us how you will use the funds to fulfill the grant's High-Five requirements.

High-Five Questions: (Please limit responses to 150 words per question.)

Fitness: Provide a minimum of 60 minutes of daily physical activity and activities that help children develop a lifetime love of physical activity.

1. The federal guidelines for physical activity recommend that children get 60 minutes or more of physical activity each day. Please describe how your program will encourage participants to strive toward 60 minutes of active play every day.

2. Will your program provide participants with ideas and alternatives to watching TV or playing video games while at home? If so, please describe below.

High-Five Questions, Continued: (Please limit responses to 150 words per question.)

Nutrition: Incorporate nutrition curriculum that provides continuous and creative ways to promote healthy eating behaviors for all children and encourage participants to use the MyPlate food guide to identify what foods and in which proportions to eat every day.

3. Please describe your program's proposed nutrition curriculum for the two-year period.

4. Please describe how your program will integrate nutritious meals/snacks and water (no sodas or sugary drinks) into events and activities.

Measurement: Conduct two FITNESSGRAM assessments each year—in the fall and spring—to evaluate participants' aerobic capacity, body composition, and muscle strength, cardiovascular endurance and flexibility. Conduct two Health Behavior surveys in the fall and spring both years as well as daily Rate of Perceived Exertion logs.

5. What is your program currently doing to measure outcomes? List any specific tools.

High-Five Questions, Continued: (Please limit responses to 150 words per question.)

6. Is your program sharing data with participants and their caregivers?

Family Involvement: Take a family-centered approach to enhancing each child's health by recruiting caregivers to participate in activities and events; ensuring that caregivers are deeply involved in their child's individualized FITNESSGRAM reports and plans; and encouraging caregivers to serve as health role models for their families.

7. Please provide examples of how your program will encourage caregivers/families to control their portions; add more fresh fruits, vegetables, whole grains and low- or non-fat milk into their diets; and minimize fats and oils.

8. Please share how your program will get caregivers involved in fitness and nutrition activities.
Please provide examples of how your program will encourage families to engage in physical activities.

High-Five Questions, Continued: (Please limit responses to 150 words per question.)

Rewards: Recognize participants for reaching nutrition and fitness goals or making incremental healthy lifestyle changes.

9. Will your program provide recognition or constructive (non-food) rewards based upon specific milestones? Please describe.

10. Please share ideas and examples of incentives participants will earn when reaching milestones, as well as additional examples of how you will keep children motivated and inspired.

Final Questions: (Please limit response to 100 words per question.)

1. If your program already meets the criteria listed above, please share how you intend to take your program to the next level, and make a lasting impact on your participants' long-term health and fitness? Please include new methods or innovative ideas that you plan to implement as a High-Five grant recipient.

2. If your program does not currently meet some of the criteria described above, please share your overall strategy for adhering to the High-Five standards, complying with reporting requirements, and helping participants live a healthy, balanced and active lifestyle.