



Eligibility Requirements

- 1. Grants are available** to non-profit organizations that deliver youth-centered physical activity and nutrition programs that target children ages 6 through 12.
- 2. Non-profit organizations** located within Dallas are eligible to participate. Applicants must provide documentation of non-profit status, including copies of their 501c3 and 990 forms.
- 3. Applicants must design or modify an existing program** that incorporates the five MyFi standards. Please see application questions for more details. Throughout the duration of the program, the MyFi team and High-Five grant recipients will share innovative ideas for implementing the criteria listed below. At the end of each year, program administrators will be required to submit a documentation chart that illustrates how their program fulfilled each of the five standards.
 - **Fitness:** Provide a minimum of 60 minutes of daily physical activity and activities that help children develop a lifetime love of physical activity.
 - **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.
 - **Measurement:** Conduct two FITNESSGRAM assessments both years—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.
 - **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.
 - **Rewards:** Recognize participants for reaching nutrition and fitness goals or making incremental healthy lifestyle changes.
- 4. Applicants must complete** an action plan template showing proposed curriculum covering each of the five MyFi standards for a period of 24 months.
- 5. Applicants must commit** to assessing, reporting and tracking participants progress through the following evaluation tools:
 - **FITNESSGRAM** (Organizations must print individual FITNESSGRAM reports for participants to take home and share with their caregivers.)
 - **Baylor Health Status Survey & Rate of Perceived Exertion logs**
 - **Student-directed assessments using pedometer logs and activity scorecards**
- 6. Applicants' programs must be offered** a minimum of 3 days per week with a minimum of 60 minutes of daily moderate-to-vigorous physical activity.
- 7. Applicants' programs must have a commitment** of at least 25 students and one program administrator/coach.
- 8. Grant recipients must commit** to enrolling participants in MyFi's online program and encourage all participants to sign the "Get Moving with MyFi" pledge.
- 9. Grant recipients will be asked to share** best practices with other High-Five members through various communications, including meetings, newsletters and other special events.
- 10. Grant recipients will be invited** to participate in MyFi citywide celebrations.

