



CAMPER'S PROMISE[©]



You are a unique person. The *Fit2Cook4Kids*[™] program was created especially for you, to prepare you for a lifetime of great health and success.

You will learn about healthy food preparation, fitness through yoga and communication/leadership skills:

- Pathogens, cross contamination, food & knife safety, cutting skills, culinary tools and terms
- Ingredients (good and bad), nutrition and how to read a nutrition label
- Preparing nutritious family meals and snacks
- Yoga poses and how to stay fit for the rest of your life
- Communicating and presenting on food and fitness topics in front of your fellow campers (optional)
- Financial literacy and how to manage the money you will earn in the future
- Table etiquette, business etiquette and conversation in preparation for job/college interviews

Accomplishing the above requires your commitment. Please read the following. If you're in full agreement, sign and date this document and get ready for an amazing experience!

My signature signifies that I understand and agree with the following:

- I promise to sign in and out each day as if I were an employee
- I promise to focus my attention on the material presented
- I promise to only go to approved sites on the Internet while researching topics
- I promise to cook at least one meal per week for my family for each week I attend camp
- I promise to email or bring a picture of the food I prepare at home in order to earn stars
- I promise to be courteous and respectful to the instructors and campers at all times
- I promise to put away electronic devices to avoid distractions for me and others
- I promise to make eye contact with the instructor & say who I'm leaving with at the end of the day
- I promise to act courteously and controlled at all times as if I were a professional employee
- I promise to think and act as a team member at all times
- I promise that the check I may receive at graduation on Friday will be opened at home
- I promise to pay for anything I break due to my own carelessness
- I promise to listen intently on Monday to fire and natural disaster instructions and will not talk during a drill that will be held during the week

I understand that:

I will be respected for my unique characteristics and will be treated as if I were an employee in a professional work environment. I will receive a "Certificate of Completion" after 32-40 hours (one week) of training. My excellent participation will result in a recommendation (upon my request) after graduation from camp. I also understand that I may be invited back during my high school years as a Counselor in Training, (CIT).

I agree to all of the above, and promise to give my best effort to the Fit2Cook4Kids program, to be kind always and to regularly use the words:

- Please
- May I
- Thank you
- Pardon/Excuse me

Please Print First and Last Name

Date

Please sign (in cursive) First and Last Name