Dear Parent or Guardian,

Congratulations on allowing your student to participate in the new calorie management program at school.

Can you imagine a technology tool that can accurately tell you how many calories you are burning as you go about your day? That reality is here now for Sweetwater students with the introduction of the *Bodybugg* to physical education classes.

A *Bodybugg* is a small gadget that straps on the back of the left upper arm. The device measures the total amount of calories burned by physical activity. Using an online software program, students also track the calories they eat and are able to identify the nutritional breakdown of their food including the percentage of fat, protein and carbohydrates they consume daily.

This tool is helping students develop healthy habits that we hope will serve them for a lifetime. Sweetwater is the only school district in the nation that has received federal funding to integrate the *Bodybugg* into the PE curriculum.

We ask for you to please help your son or daughter with this program by:

* Regularly providing gentle reminders to go online to log their food and sync their *Bodybugg*.
* Telling them about the ingredients that go into the meals served at home.
* Enjoying outdoor activities with your son or daughter such as bike riding, hiking, playing in the ocean, tennis or roller blading. Any physical activity is good, just move!

Thank you for supporting your son or daughter with this valuable project. Please don’t hesitate to contact me with questions.

Sincerely,

Kimberly Butler

Kimberly Butler, Ed.D

Physical Education Curriculum Specialist

Student Support Services

619-585-6082

Frequently Asked Questions about ***Bodybugg*** PE program:

* **Q: Is there a cost for participating in the*****Bodybugg* program?** No! The program is free. Students check out the ***Bodybugg*** from the library.
* **Q: What happens if a student loses their *Bodybugg*?** If a student loses or damages the ***Bodybugg***, the District reserves the right to charge the following fees to replace lost items: ***Bodybugg*** armband: $159.00, ***Bodybugg*** digital display: $59.00, USB Computer Cable: $5.95
* **Q: Does the *Bodybugg* track conversations, or have a GPS that will invade privacy?** No! The ***Bodybugg*** only measures caloric expenditure, steps and moderate or vigorous physical activity.
* **Q: My son/daughter is already at a healthy weight. Why should they wear the *Bodybugg*?** To learn valuable lifelong lessons regarding caloric expenditure and intake.
* **Q: How long will my son/daughter wear the *Bodybugg*?** Each teacher will have a different length of time students will wear the *Bodybugg*.
* **Q: If I wanted to purchase a*****Bodybugg*** **for myself or for family members, where can I do this?** At 24 Hour Fitness.
* **Q: How long does my son/daughter’s free subscription to APEX last?** Six months from when they are first registered.
* **Q: Have there been any success stories with this technology device?** Yes! If you have ever seen the Biggest Loser TV show the contestants wear *Bodybugg* and lose *hundreds* of pounds each season.

**Consent Form for *Bodybugg* :**

I give my permission for my son or daughter to check out a ***Bodybugg*** and the components free of charge from the school library. The PE teacher will work closely with my son or daughter to establish a free APEX account to help with tracking goals, weight, and daily caloric intake and expenditure.

I understand that by checking out the ***Bodybugg***, my child will be responsible for this school equipment. If my son or daughter loses or damages the ***Bodybugg*** or the components, I understand that the District reserves the right to charge the following fees to replace lost items:

***Bodybugg*** armband: $159.00

***Bodybugg*** digital display: $59.00

USB Computer Cable: $5.95

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone number or email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_