



JOYHOOPS 21-DAY GROWTH CHALLENGE
PROGRAM AGREEMENT
(Signed by Parent and Child Together)

Date: Click or tap to enter a date.

Child's Name: Click or tap here to enter text. Grade: Choose an item.

Parent's Name: Click or tap here to enter text. Phone: Click or tap here to enter text.

Parent's Email: Click or tap here to enter text.

1. CHALLENGE COURSE SELECTION (Check one or up to 3 after discussion)

- ☐ Basketball Training ☐ Other Sports: Click or tap here to enter text.
- ☐ Life Habits: Click or tap here to enter text.
- ☐ Study Habits: Click or tap here to enter text.
- Hygiene Habits: Click or tap here to enter text.
- ☐ Screen Time Control: Click or tap here to enter text.
- ☐ Academic Improvement: Click or tap here to enter text.
- ☐ Invention & Creation: Click or tap here to enter text.
- ☐ Reading books: Choose an item.
- ☐ Other (specify): Click or tap here to enter text.

Specific Goal Description (be as detailed as possible): Click or tap here to enter text.

2. EXERCISE COMMITMENT (Must meet both)

- a) At least 2.5 hours of physical activity per week.
(Includes: school team sports, club sports, parent-child activities)
- b) At least 1 Joyhoops basketball training session per 21-day cycle.
- c) Complete the grade level reading list in three cycles if 'Reading books' is picked for challenge.

3. CHECK-IN & ATTENDANCE RULES

- a) Parents must sign the daily tracking sheet to confirm exercise duration and task completion.
- b) When attending Joyhoops, the child must personally check in with the coach (coach uses tablet to verify registration).
 - ★ Unregistered participants must complete on-site registration before joining the session.

4. POINTS SYSTEM

- ★ Base Points: Complete one full 21-day cycle



One day win one point, missing days 0 point. Consecutive 21-day all completed, additional ten points.

- ★ Bonus Points: Each extra Joyhoops session beyond the minimum requirement → +2 points/session
- ★ Parent Message Bonus: If your submitted message describes significant improvement (evaluated by review panel) → +5 points

5. AWARDS & RANKING (Separate rankings per grade)

After each cycle, Grade Leaders publish rankings.

Total points from all 3 cycles determine Christmas final awards.

Award	Slots	Criteria
Grand Prize	1	Ranked #1 in total points
First Prize	2	Ranked #2-3
Second Prize	3	Ranked #4-6
Third Prize	5	Ranked #7-11
Encouragement Award	Unlimited	Completed at least 1 cycle but not in top 11

- ★ Parents prepare a "wish list" gift, wrapped (contents hidden).

6. PARENT COMMITMENT

I have read and understood all terms. I will support my child's daily check-ins, submit records on time, and prepare a wrapped wish-list gift.

Parent Signature: _____ Date: _____

Child Signature (if able): _____ Date: _____

(Keep this agreement safe; photograph and submit with tracking records)