**Flourishing in the Garden**

**Program Contract**

Flourishing in the Garden is an integrative 7-week garden-based youth program. FIG has a holistic approach to mind~body~land that incorporates permaculture principles, yoga principles (including yogic energetics through the chakra system), yoga shapes and breathwork, gardening/nutrition education and is informed by the flourishing index.

We encourage each agent to recruit 10-15 participants ages 6-12. This ensures that the delivery of the program will be worth your time when attrition (i.e., drop out) occurs. As an agent, it is imperative that you are comfortable and confident in the delivery of this program. In order to deliver FIG, VCE agents and volunteers must be trained by the PARCI Lab. Prior to the start of the program and following the program, every participant should be given tracking materials as well as pre/post evaluations. This allows us as researchers, and you as delivery agents, to evaluate the program's ability to improve fruit and vegetable consumption and garden self-efficacy.

Additionally, agents are encouraged to complete the competency checks and facilitator program evaluation on Qualtrics. This can be filled out in Qualtrics if you have an account, or if there are additional facilitators who do not have access to Qualtrics, a pdf version may be printed and entered into Qualtrics on their behalf.

Data from these surveys are key to the improvement of future VCE programming and provides insight to what works and doesn’t. These data also contribute to the development and impact statements to share health improvements of Virginia youths. By signing this document, you are agreeing to follow this protocol and knowingly, are aware and accept all your agent responsibilities.

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

Signed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_