Middle School Girls Funding Program Questionnaire

The Atlanta Falcons Youth Foundation (AFYF) is looking for innovative ideas to increase the time middle school girls spend in moderate and vigorous physical activity– and what better way than uncovering ideas designed by middle school girls for middle school girls.

Every year, Georgia Shape assesses fitness levels of about 1 million students. Again and again, girls have lower scores on what experts call “aerobic capacity,” which [Fitnessgram](http://www.cooperinstitute.org/fitnessgram?gclid=CjwKCAiA1uHSBRBUEiwAkBCtzb8MQmtFkLZS0mrkpzs7g5vdpbVYkYTFF0hg32_ktUy05SJzCSslwBoCc-YQAvD_BwE) defines as the “maximum rate that the respiratory, cardiovascular, and muscular systems can take in, transport, and use oxygen during exercise.” In other words, this is the test that reveals how much physical activity an individual can do before he or she tires.

Here’s why it matters: In the long term, good aerobic capacity lowers our risk of developing high blood pressure, coronary heart disease, obesity, diabetes and some forms of cancer. In the short term, students with better aerobic capacity tend to perform better in school.

AFYF knows that despite efforts in current programs – during school and out of school – middle school girls are not moving enoug . The numbers prove it. So AFYF is ready to flip the script. Instead of adults developing programs for middle school girls, this grant program seeks to understand what motivates middle school girls and invites them to tell us what they want to do to improve their fitness.

To be considered for funding, please complete the questionnaire below and return to AFYF by Friday, March 2. Email the forms to [Abby.Lutzenkirchen@ambfo.com](mailto:Abby.Lutzenkirchen@ambfo.com). Based on its review of the submissions, AFYF will invite a select number of organizations to move forward with final grant applications.

**Name of Organization** Click or tap here to enter text.

**Description of Organization** Click or tap here to enter text.

**501c3 Status** Click or tap here to enter text.

Please include tax-id number.

**Problem Statement** Click or tap here to enter text.

In the eyes of your organization, what are the reasons for the lower aerobic capacity levels of middle school girls?

**Project Title** Click or tap here to enter text.

What’s the title of your program that was developed by middle school girls, for middle school girls?

**Project Summary** Click or tap here to enter text.

The BIG idea. Summarize your project/program request including project/programmatic activities that accurately represent your organizations expectations. Indicate how this project differs from those that exist today.

**Geography** Click or tap here to enter text.

List the specific cities, counties, neighborhoods or schools that will benefit from this programming.

**Demographic** Click or tap here to enter text.

Describe the demographics of the middle school girls in your geographic area (ages, socioeconomic status, etc.).

**Local Collaborations** Click or tap here to enter text.

List the partners that your organization already works with to reach middle school girls.

**Estimated Budget**  Click or tap here to enter text.

Give an estimated budget for 1 year of programming.