



fit **Choices**



**It is your turn to make
up questions about
choices!**

Do you brush your teeth with
a toothbrush or a _____ ?



**Do you wear shoes or
_____ on your feet?**



Do you ride to school on
a bus or a _____ ?





**Did you know that you make
about 3,000 choices each day?**

**Do you stop and think about
your choices, or do you make
them automatically?**

Your choices can be about . . .



. . . what to wear.



. . . what to eat
for breakfast.



. . . what to do
during recess.

When your choice is about something that is good for your body and brain, you are making a *fit* choice.



WHAT CHOICES ARE GOOD FOR YOUR BODY AND BRAIN?

Name a snack choice that is a *fit* choice.



Name a move choice that is a *fit* choice.



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