Recharge Your Energy

Martina and Ryder had fun raking leaves with their friends. After that, they felt tired.

Martina plopped herself down in front of the TV and snacked on a large bowl of cheese puffs.

But, she still felt tired. She decided to watch TV for a while longer.

Ryder did a *fit*-check and realized that he needed to recharge his energy. He decided to relax outside by laying in the grass and watching the clouds. Afterward, he felt much better.

Recharge Your Energy

Your body needs to sleep and relax to have enough energy to make healthy choices.

Have a *fit* mindset! Get a full night's sleep and relax throughout the day for energy to make other *fit* choices.

Recharge Your Energy

You can recharge by getting 9-12 hours of sleep every night and doing relaxing activities, like reading or drawing, throughout the day.
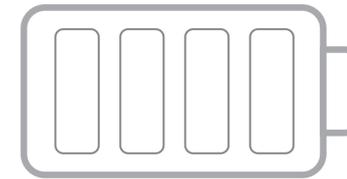
HOW DO YOU RECHARGE YOUR ENERGY?

Check Your Energy

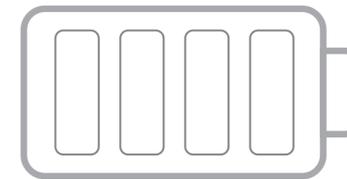Check your energy and draw how you will choose to recharge.

My Energy

Show your energy level right now, after school, and at home by coloring in the batteries below. Then write or draw how you will recharge in the space on the right.
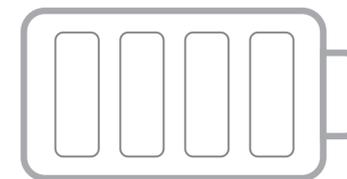
Name _____

Right Now

After School

At Home