



**Be *fit!***

# Do a *fit*-Check!

What is your energy level right now?



low



medium



fully recharged

# Do a *fit*-Check!

What is your mood right now?



# **Be *fit***

Being *fit* is about having enough energy and the motivation to be able to choose healthy foods and to be active.



# Be *fit*

You make many choices every day that affect your health. Between deciding what to drink, what to do, or even when to go to bed, you can make *fit* choices and be healthy!





**Do a *fit*-check to help  
make healthy decisions.**

**When you stop and check  
your energy and mood  
before making a choice, you  
are doing a *fit*-check!**

# Have a *fit* mindset!

Your recharge and mood influence your food and move choices.

Make recharge, mood, food, and move choices to be a *fit* kid.

Be a *fit* kid by doing a *fit*-check when you are about to make a choice



WHAT FIT CHOICE WILL YOU MAKE TODAY?

# *fit*-Check

Challenge yourself to do a *fit*-check at school and at home today!

Record your energy level, your mood, and the choices you make.

Name \_\_\_\_\_

## Do a *fit*-Check

Write or draw your energy level, your mood, and the choices you make at school and at home.



At School



At Home





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