Time for a
fit-check

Best Time for a *fit*-Check

Stand up if you have done a *fit*-check before breakfast.

Best Time for a *fit*-Check

Stand up if you have done a *fit*-check before going out to recess.

Best Time for a *fit*-Check

Stand up if you have done a *fit*-check before doing your homework.

Anytime, Anywhere!

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Whenever you are ready to grab a snack, stop and do a *fit*-check. Choose the best fuel for your body and brain!

Anytime, Anywhere!

fit™

Whenever you are bored, stop and do a *fit*-check. Choose to move!

Anytime, Anywhere!

fit™

Whenever you are tired, stop and do a *fit*-check. Choose to boost your energy!

Anytime, Anywhere!

The best time to do a *fit*-check is anytime and anywhere you can make a healthy choice. So, choose to …

Motivate your mood!

Recharge your energy!

Think your food!

Move your body!

Fantastic!

Do a *fit*-check:

- A *fit*-check is when you check your energy level and mood as you begin to make a choice.

- You can do a *fit*-check anytime, anywhere!

WHEN WILL YOU CHOOSE TO DO A FIT-CHECK?

Plan Ahead

Make a poster to show when you can do a *fit*-check. Encourage others to do a *fit*-check too!

When do you make Mood, Recharge, Food, and Move choices?

Name _____

fit-Check Poster
Write or draw how you will do a *fit*-check.

Do a *fit*-check!

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