

Do a fit-Check!

What is your energy level right now?







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.

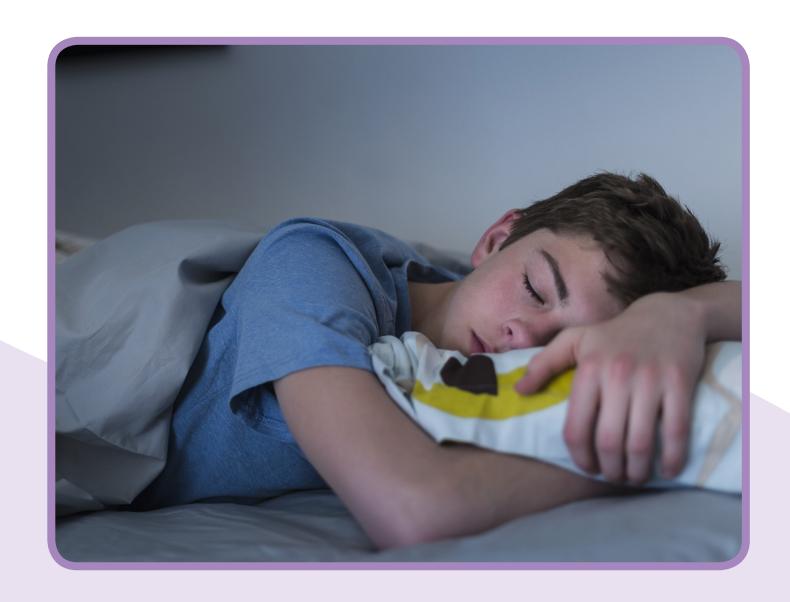


Be fit

You make many choices every day that affect your health. Between deciding what to eat, 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.



