



**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!



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!**



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





# Anytime, Anywhere!



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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