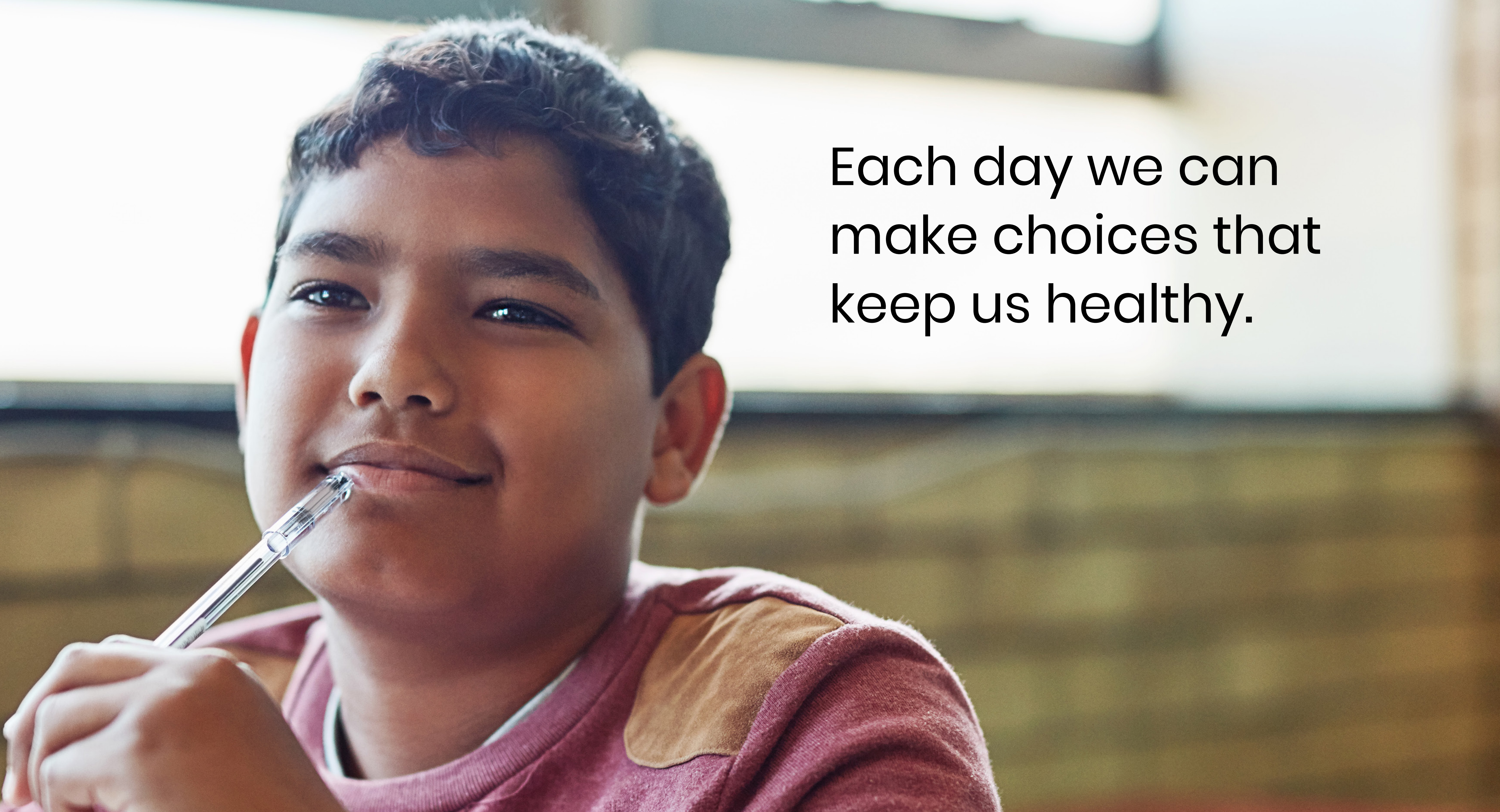
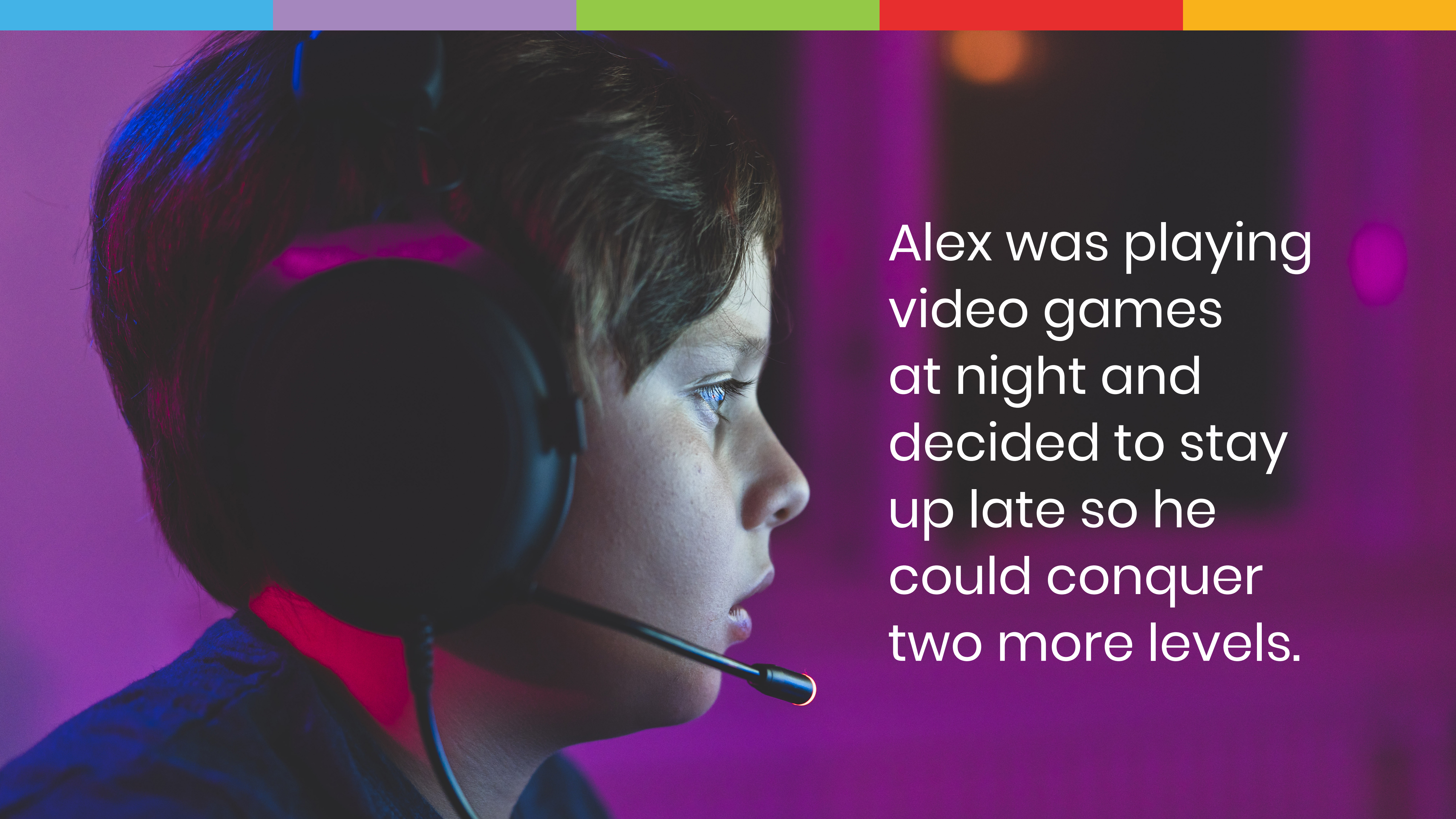


**Make Healthy
Choices
Throughout
Your Day**





Each day we can
make choices that
keep us healthy.



Alex was playing video games at night and decided to stay up late so he could conquer two more levels.

At recess, Leila sat on a bench because she felt too tired to play.





Miguel was watching his favorite TV show. When it ended, he checked the time and started his bedtime routine instead of watching the next episode.

Your Choices

Throughout the day, we make many choices. Take the time to do a *fit*-check and help yourself make the best choices for your body and brain!



What Is Your Choice?

You make many choices throughout the day.

- You make choices when you eat breakfast in the morning.
- You make choices when you feel tired during the day or after school.
- You make choices when you go to bed at night.



Times and Places

You can do a *fit-check* right before you make a recharge, food, or move choice.



WHAT ARE THE BEST TIMES AND PLACES FOR YOU TO DO A FIT-CHECK?




Your *fit*-Check



Keep track of
the times and places
you do a *fit*-check
during your day.

Name _____

Times and Places *fit*
Write or draw the times and places you will do a *fit*-check.

 In the Morning	 At School
At Home	 At Bedtime

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