



# *fit* Choices





**It is your turn to make  
up questions about  
choices!**



**Do you brush your teeth with  
a toothbrush or a \_\_\_\_\_ ?**





**Do you wear shoes or  
\_\_\_\_\_ on your feet?**



Do you ride to school on  
a bus or a \_\_\_\_\_ ?







**Did you know that you make  
about 3,000 choices each day?**

**Do you stop and think about  
your choices, or do you make  
them automatically?**



# Your choices can be about . . .



. . . what to wear.



. . . what to eat  
for breakfast.



. . . what to do  
during recess.



**When your choice is about something that is good for your body and brain, you are making a *fit* choice.**



**WHAT CHOICES ARE GOOD FOR YOUR BODY AND BRAIN?**



**Name a snack choice that is a *fit* choice.**





Name a move choice that is a *fit* choice.





