

Recharge Your Energy



Angela and Jayson were feeling tired after helping to clean up the playground.





Angela snacked on a bowl of candy then played a video game. But, she still felt tired.

Jayson did a *fit*-check and realized that he needed to recharge his energy. He decided to relax outside and read a book. Afterward, he felt much better.



Recharge Your Energy

Your body needs to sleep and relax to have enough energy to make healthy choices.



Have a *fit* mindset! Get a full night's sleep and relax throughout the day for energy to make other *fit* choices.





Recharge Your Energy

You can recharge by getting 9–12 hours of sleep every night and doing relaxing activities, like reading or drawing, throughout the day.



HOW DO YOU RECHARGE YOUR ENERGY?

Check Your Energy

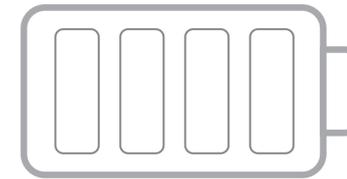
Check your energy
and draw how
you will choose to
recharge.

Name _____

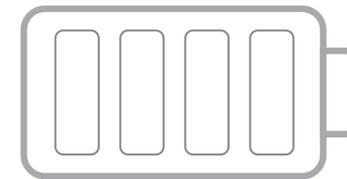
My Energy

Show your energy level right now, after school, and at home by coloring in the batteries below. Then write or draw how you will recharge in the space on the right.

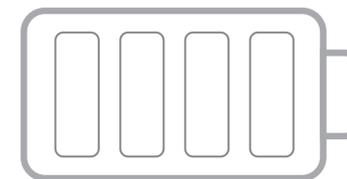
Right Now



After School



At Home





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