

A group of seven diverse children of various ethnicities are smiling and giving thumbs up. They are arranged in two rows against a solid green background. The children are wearing bright, colorful clothing: a yellow polo shirt, a blue polo shirt, a red t-shirt, a blue tank top, a green polo shirt, a yellow ruffled dress, and a yellow dress. The text "Be fit!" is written in white, with "Be" in a bold sans-serif font and "fit!" in a bold italicized sans-serif font, positioned in the upper right area of the image.

Be *fit!*

Do a *fit*-Check!

What is your energy level right now?



low



medium



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.

Name _____

Do a *fit*-Check

Write or draw your energy level, your mood, and the choices you make at school and at home.



At School



At Home



*fit*TM
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