



Energy Influences Choices

Show Your Energy!

What was your energy level at the end of the school day yesterday?



low



medium



fully recharged

Show Your Energy!

What was your energy level at home yesterday?



low



medium



fully recharged

Show Your Energy!

What is your energy level right now?



low



medium



fully recharged

Energy Influences Choices

Your energy influences the choices you make each day.



Fill in the blanks.

YOUR _____ INFLUENCES YOUR CHOICES.

Your Energy

How has your energy
influenced your
choices today?



*fit*TM

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