

# Reminders Help Us Make Healthy Choices





Noah was watching a video while riding home from soccer practice. He spilled water on his lap.



Carmen was on her way to the library and saw a sign about a sidewalk detour. The sign helped her to stop and think.



***fit*-checks are a  
reminder to stop  
and think.**



**We need reminders about what kinds of choices to make when we are tired, frustrated, hungry, or bored.**



One great way to remind yourself is to put notes that support *fit* choices around your house.



WHEN DO YOU NEED A FIT-CHECK REMINDER?



# *fit*-Check Reminder

Make a *fit*-check sign to remind yourself to stop and think of a *fit* choice.

Take it home and hang it on the doorknob of your room or anywhere you might need a reminder.

Name \_\_\_\_\_

### *fit*-Check Door Sign

Cut out the door hanger below. Color and design the sign before hanging it up to remind yourself to do a *fit*-check.

A template for a door hanger sign. It is a vertical, rounded rectangle with a decorative top loop. Inside the shape, the word "fit" is written in a stylized font, with a checkmark integrated into the letter 't'. Below the sign, the text "Make a fit choice!" is written in a simple font.

Make a *fit* choice!

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*fit*<sup>TM</sup>

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