



Best Time for a fit-Check

Stand up if you have done a *fit*-check before breakfast.





Best Time for a fit-Check

Stand up if you have done a *fit*-check before going out to recess.





Best Time for a fit-Check

Stand up if you have done a *fit*-check before doing your homework.







Whenever you are ready to grab a snack, stop and do a fit-check. Choose the best fuel for your body and brain!





Whenever you are tired, stop and do a *fit*-check. Choose to boost your energy!



The best time to do a *fit*-check is anytime and anywhere you can make a healthy choice. So, choose to . . .

Motivate your mood!

Recharge your energy!

Think your food!

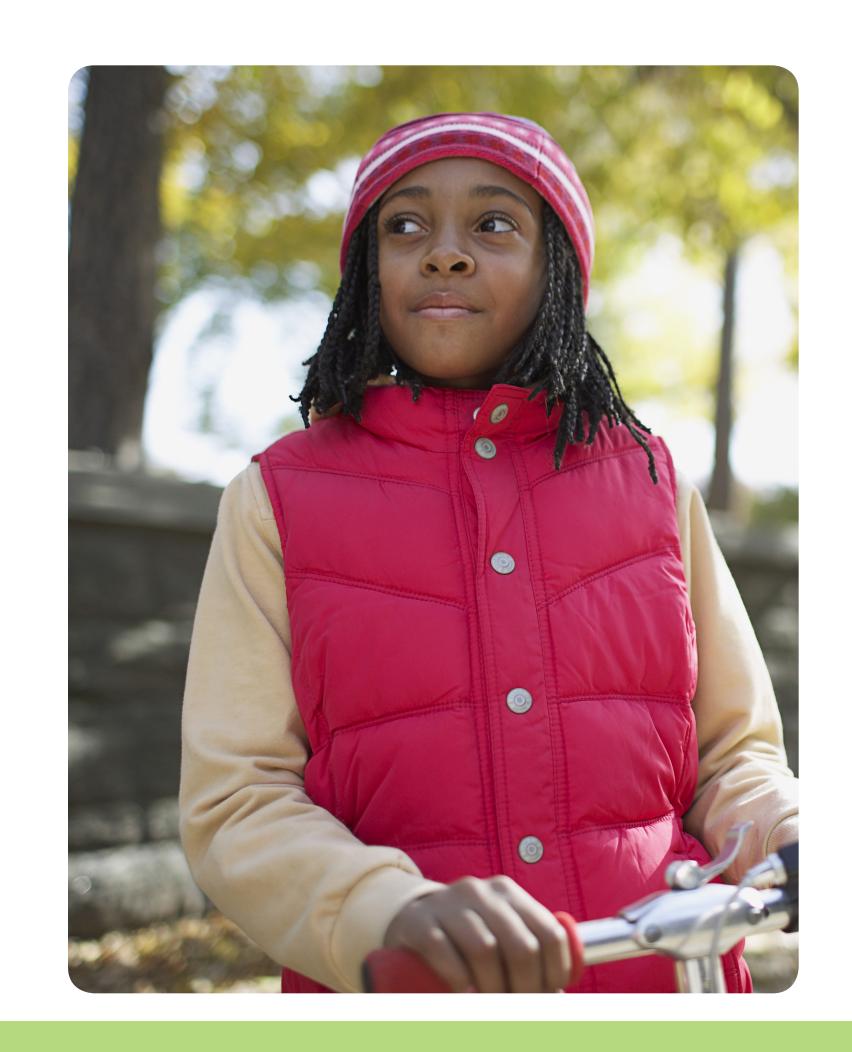
Move your body!



Fantastic!

Do a fit-check:

- A fit-check is when you check your energy level and mood as you begin to make a choice.
- You can do a fit-check anytime, anywhere!





Plan Ahead

Make a poster to show when you can do a *fit*-check. Encourage others to do a *fit*-check too!



