Time for a fit-check
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.
Anytime, Anywhere!

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

Whenever you are bored, stop and do a fit-check. Choose to move!
Anytime, Anywhere!

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

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!

WHEN WILL YOU CHOOSE TO DO A FIT-CHECK?
Plan Ahead

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

When do you make Mood, Recharge, Food, and Move choices?