



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



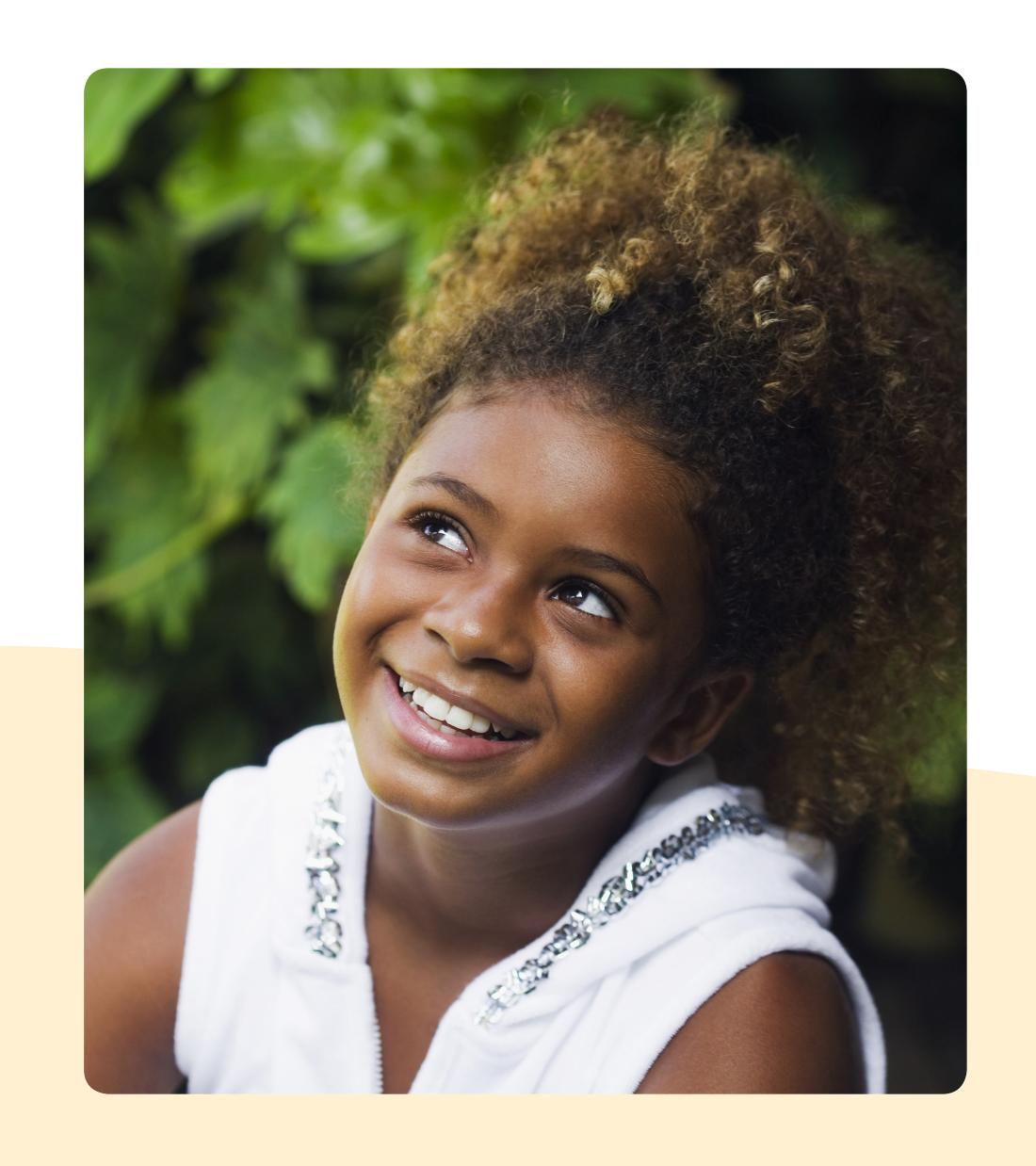
The best time to do a *fit*-check is anytime and anywhere you can make a healthy choice. So, choose to ...

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!

