

Refresh your energy throughout the day

Take 10 deep breaths between subjects.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Relax to refresh your energy

After school, close your eyes and listen to calm music for 10 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sleep to restore your energy

Get 10-11 hours of sleep every night.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Get into a bedtime routine

Go to bed at the same time every night to restore your body and mind's energy for the next day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Relax in your day

Before school, stretch for 5 minutes.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Relax before doing homework

Roll your shoulders and take 5 deep breaths
before starting your homework.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Too tired to MOVE?

When you feel a little tired, re-energize your body and mind by stretching.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Turn off the TV at bedtime

Before bedtime, don't watch TV. Relax by doing 10 shoulder shrugs and reading a book.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Stop and think your MOOD

When on the computer, stop and think. Think
of 5 *fit* moves and **MOVE** for 10 minutes.

(Dance Crazy, Run in Place, Jumping Jacks, Reach Up High, Toe Touches)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Motivate your MOOD

Bored? Talk yourself into moving for 10 minutes.

(Pretend to Jump Rope, March in Place, Arm Circles, Overhead Reach, Squats)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Check your MOOD before you choose

When looking in the fridge for a snack, ask yourself if you are really hungry or just feeding a feeling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Check your MOOD before you choose

When looking for a snack, check your MOOD
and ask yourself if you are really hungry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MOVE to motivate your MOOD

When you are upset, MOVE to turn your MOOD around. Do 5 *fit* moves for 1 minute each.

(Jumping Jacks, Hula Hoop, High Knees, Push-ups, Arm Circles)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Talk yourself into moving in your day

When sitting on the couch, turn your **MOOD** around and **MOVE** for 10 minutes.

(Jump High, Butt Kicks, Push-ups, Pretend to Dribble a Ball, Hula Hoop)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Think before you choose

Motivate your MOOD. Take 5 deep breaths
and talk yourself into a *fit* choice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Motivate your MOOD and MOVE

When you are stressed, make the choice to MOVE.
Play your favorite song and dance your stress away.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Read your labels

When grabbing a snack, check out the label to see the serving size. Eat 1 serving.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Don't let your sweet tooth do all the talking

When you are hungry for a sweet snack, eat a piece of fruit or some veggies.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Start your day off right - Fuel Up!

Think your **FOOD**. Eat a healthy breakfast every morning.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

No box or bag

Eat snacks out of a bowl instead of a box or bag to know how much you are eating.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Test your hunger

Drink a glass of water 10 minutes before you choose a snack to see if you are really hungry.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Flavor up your water

Grab some water instead of a soda. Add some lemon juice to flavor up your water.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Think your FOOD when fueling up

Check your portions when filling your plate
at dinner. Remember to eat only 1 serving.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Do the *fit* check



At snack time, check your RECHARGE and MOOD.
Make a *fit* choice and pick a green light FOOD.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

FOOD

MOVE to build strong bones

After school, do 5 *fit* moves 10 times each.

(Dance Crazy, Butt Kicks, Squats, Overhead Reaches, Toe Touches)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MOVE to build strong muscles

After school, get up and MOVE instead of watching TV.

(March in Place, Arm Circles, Pretend to Jump Rope, Toe Touches, High Knees)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MOVE to get some energy

After school, do 10 jumping jacks
before starting your homework.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Have fun and MOVE

Tonight, make up a fun dance to your favorite song with moves you learned in *fitClub*.

(Dance Crazy, Jump High, High Knees, Arm Circles, Reach High)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Find time to MOVE in your day

When watching TV, get up and
MOVE during the commercials.

(Pretend to Dribble a Ball, High Knees, Overhead Reaches, March in Place)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Make time to MOVE

Don't play on the computer for too long. After 20 minutes, get up and MOVE for 10 minutes.

(Dance Crazy, Pretend to Jump Rope, Run in Place, Arm Circles, Butt Kicks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MOVE to get brain power

After school, MOVE for 20 minutes to focus
your mind before doing homework.

(Dance Crazy, Hula Hoop, Push-ups, Squats, Butt Kicks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

MOVE to reboost your energy

Dance crazy to your favorite tunes for 10 minutes after school to reboost your energy.

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