

# fitClub 4Boys Leader Cards

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# I'm Feeling...Exhausted



**fit tip:** Tired? Choose to RECHARGE instead of reaching for a snack.



**Leader Prompt:** When you get your RECHARGE, it is easier to manage and motivate your MOOD.



Motivate Your  
**MOOD**

# I'm Feeling...Embarrassed



**fit tip:** Feeling a bit embarrassed? Put on some music to dance your worry away.



**Leader Prompt:** Moving gets your blood pumping and oxygen to your brain to help you feel better. When you are in a better MOOD, it is easier to make *fit* choices.



Motivate Your  
**MOOD**

# I'm Feeling...Anxious



**fit tip:** Looking for food to feed anxious feelings? Turn your MOOD around and MOVE instead.



**Leader Prompt:** Know your MOOD before you choose. If you're hungry, pick a healthy snack. If you're not hungry, MOVE instead.



Motivate Your  
**MOOD**

# I'm Feeling...Nervous



**fit tip:** Got the jitters? Take some deep breaths to calm down.



**Leader Prompt:** Deep breaths help calm your mind so you can manage and motivate your MOOD.



Motivate Your  
**MOOD**

# I'm Feeling...Happy



**fit tip:** Remember to think before you choose. Talk yourself into a healthy choice.



**Leader Prompt:** Plan for moments to relax in your day in order to have the energy to manage your MOOD.



# I'm Feeling...Fearful



**fit tip:** Looking in the fridge to feed your feelings? Check your MOOD before you choose. Are you really hungry?



**Leader Prompt:** Emotional eating is due to feelings not hunger. Know your MOOD and why you are eating. Are you really hungry?

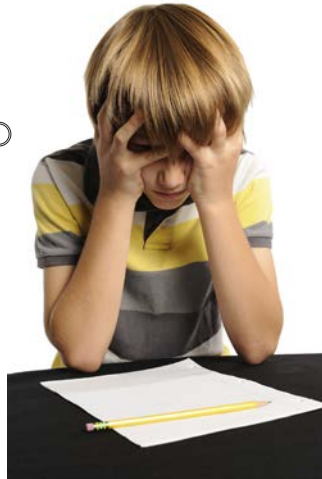


Motivate Your  
**MOOD**

# I'm Feeling...Stressed



**fit tip:** Stressed? Don't grab food. Turn up the music and dance instead!



**Leader Prompt:** Sometimes people turn to sugary foods to deal with stress. Getting up and moving helps relieve stress in a healthy way.



Motivate Your  
**MOOD**



# I'm Feeling...Confused



**fit tip:** Struggling to make a choice? Turn your MOOD around to “I will” make a healthy choice.



**Leader Prompt:** Make a *fit* choice to turn your MOOD around and MOVE. When you are in a better MOOD, it is easier to make *fit* choices.

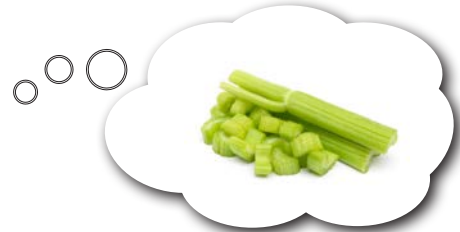
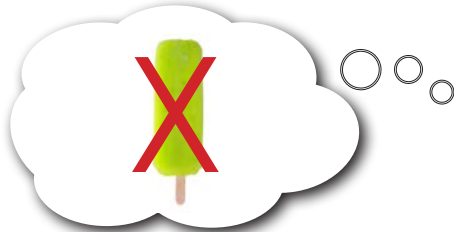


Motivate Your  
**MOOD**

# I'm Feeling...Mad



**fit tip:** If you are mad and hungry, grab some celery to chomp away your anger.



**Leader Prompt:** Turn your MOOD around and make healthy FOOD and MOVE choices.



# I'm Feeling...Angry



**fit tip:** Turn your MOOD around. Turn your “I won’t” to “I will” make a healthy choice.



**Leader Prompt:** Moving can help calm the mind so you can manage and motivate your MOOD.



Motivate Your  
**MOOD**

# I'm Feeling...Sad



**fit tip:** Feeling a little blue? Talk yourself into an “I will” MOOD. Get some RECHARGE by stretching.



**Leader Prompt:** When you're sad, it is easy to eat high sugar foods, like cookies or chips. Turn your MOOD around by stretching and deep breathing instead.



Motivate Your  
**MOOD**

# I'm Feeling...Frazzled



**fit tip:** Check your MOOD before you choose. Turn your “I won’t” to “I will” make a healthy choice.



**Leader Prompt:** Your emotions at the moment affect the choices you make. Our MOOD impacts our desire to MOVE and the FOOD choices we make.

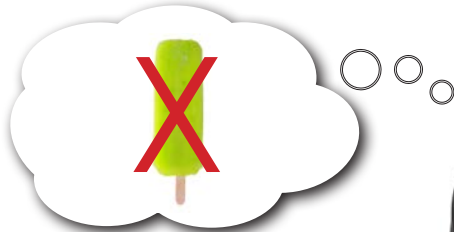


Motivate Your  
**MOOD**

# I'm Feeling...Depressed



**fit tip:** Feeling a little down? Stand up and jump to the beat of your favorite song!



**Leader Prompt:** Feelings put us in a MOOD. Moving can help you turn your MOOD around to make it easier to make healthy choices.



Motivate Your  
**MOOD**

# I'm Feeling...Bored



**fit tip:** Bored? Choose to MOVE instead of eat.



**Leader Prompt:** When you're bored, it is easy to eat high fat foods like potato chips. Turn your MOOD around and dance to some tunes instead.



Motivate Your  
**MOOD**

# I'm Feeling...Cranky



**fit tip:** Looking for a snack? Check your MOOD. Are you hungry or just feeding a feeling?



**Leader Prompt:** Your MOOD influences why and what you choose to eat and drink.





# I'm Feeling...Lonely



**fit tip:** Looking for FOOD to feel better? Talk yourself into a *fit* choice.



**Leader Prompt:** Talking about what is upsetting you is a healthier choice than eating to feel better.



Motivate Your  
**MOOD**

# I'm Feeling...Worried



**fit tip:** Just got in a fight with your friend? RECHARGE to calm your mind.



**Leader Prompt:** Your MOOD can be influenced by media, relationships, stress, and school. Knowing what or who is influencing your MOOD can help you turn your MOOD around.



Motivate Your  
**MOOD**

# I'm Feeling...Gloomy



**fit tip:** Sitting in front of the TV? Turn your MOOD around.  
Get up and MOVE!



**Leader Prompt:** Sometimes we need to talk ourselves into making the healthy choice to MOVE.



Motivate Your  
**MOOD**

# I'm Feeling...Overwhelmed



**fit tip:** Feeling overwhelmed with homework? MOVE for 5 minutes.



**Leader Prompt:** Your MOOD at the moment influences the choices you make.



Motivate Your  
**MOOD**

# I'm Feeling...Frustrated



**fit tip:** Feeling frustrated? Take some deep breaths and make a *fit* choice.



**Leader Prompt:** If you are aware of your MOOD at the moment, you can better manage your MOOD to make a *fit* choice.



Motivate Your  
**MOOD**