

# My *fit* Thoughts

Answer the following questions about today's session.

1. Circle the icon that represents the *fit* section you learned about.



**Recharge**



**Mood**



**Food**



**Move**

2. What did you learn about the *fit* section you circled above?

3. What is one *fit* choice you plan to make this week?

4. On a scale from 1 to 5, how easy will it be to complete the *fit* choice you wrote in question 3?

