

fit-Hunt

The following sentences are each missing a word!
Fill them in with the words from the *fit*-Hunt Cards.

1. Think ___ ___ ___! Be *fit*!
2. Make *fit* ___ ___ ___ ___ choices to have energy to move.
3. Food is ___ ___ ___ ___ for your body.
4. The best beverage choice is ___ ___ ___ ___ ___!
5. Check the ___ ___ ___ ___ ___ to know your food's serving size.
6. Put a limit on foods you eat with added ___ ___ ___ ___ ___.
7. Your ___ ___ ___ ___ influences the choices you make.
8. Talk yourself into ___ ___ ___ ___ ___ every day.
9. Moving is great for your body and ___ ___ ___ ___ ___.
10. Check your mood before you grab a snack to ___ ___ ___ to see if you really are hungry.

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11. _____ to give you energy to make *fit* choices.
12. Move to _____ your energy.
13. Get 9-12 hours of sleep to _____ your energy.
14. _____ throughout your day to recharge your energy.
15. Motivate yourself to turn "I won't" around to "I _____" and make a healthy choice.
16. Your mood influences your desire to _____.
17. Moving should be _____! Move every day!
18. _____ to move in your day.
19. Use _____ - _____ to encourage yourself to make a *fit* choice
20. Limit your time behind a _____ . Move in your day.

fit-Hunt Answer Key

The following sentences are each missing a word!
Fill them in with the words from the *fit*-Hunt Cards.

1. Think f i t! Be *fit*!
2. Make *fit* f o o d choices to have energy to move.
3. Food is f u e l for your body.
4. The best beverage choice is w a t e r!
5. Check the l a b e l to know your food's serving size.
6. Put a limit on foods you eat with added s u g a r.
7. Your m o o d influences the choices you make.
8. Talk yourself into m o v i n g every day.
9. Moving is great for your body and b r a i n.
10. Check your mood before you grab a snack to e a t to see if you really are hungry.

fit-Hunt Answer Key

11. R e c h a r g e to give you energy to make *fit* choices.
12. Move to b o o s t your energy.
13. Get 9-12 hours of sleep to r e s t o r e your energy.
14. R e l a x throughout your day to recharge your energy.
15. Motivate yourself to turn “I won’t” around to “I w i l l” and make a healthy choice.
16. Your mood influences your desire to m o v e.
17. Moving should be f u n! Move every day!
18. P l a n to move in your day.
19. Use s e l f - t a l k to encourage yourself to make a *fit* choice
20. Limit your time behind a s c r e e n. Move in your day.