

All About Me

Tell us more about yourself and the choices you make!
Do this at the beginning and end of *fitClub* and compare
your answers. What is different? What is the same?

1. What do you usually eat for breakfast?



2. Name a snack you usually eat.



3. What do you usually do when you are feeling upset?



4. What time do you usually go to bed at night?



5. What do you usually do when you are bored?

6. What do you usually do for exercise and physical activity?