



SESSION 1 CHALLENGE

Pay attention to the choices you make each day. Track your choice and match it to a *fit* pillar. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

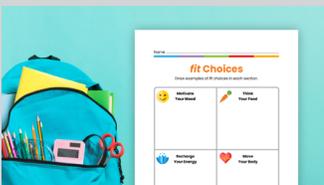
GET TO KNOW THE *fit* CONNECTION

- Being *fit* is making healthy recharge, mood, food, and move choices daily.
- Feelings and emotions create a mood. Moods change throughout the day.
- Sleep 9-12 hours and relax throughout the day to recharge your energy.
- Foods with high nutritional value are best to fuel your body and mind.
- Move many times, many ways, and in many places throughout the day.

LEARN MORE ONLINE

Visit fit.sanfordhealth.org and search the following resources.

fit CHOICES



USING *fit* AT HOME



LEARN MORE

- Think *fit*. Be *fit*!
- Raising *fit* Kids at Home