



SESSION 3 CHALLENGE

Take time each day to think about and name your feelings and emotions. Write or draw some of those feelings in each box every day. Review what you learned in the session below.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

KNOW YOUR MOOD

- Feelings and emotions make a mood. Moods change throughout the day.
- Your mood is your motivation to make recharge, food, and move choices.
- Before you grab a snack, check your mood. Are you hungry, or just bored?
- Check your mood in your spare time. Do you want to relax or get moving?
- Think *fit*. Be *fit*! Know your mood and make healthy choices!

LEARN MORE ONLINE

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

FORTUNE TELLER



MINDFUL MOMENTS



EMOTIONS CHART

