



**Be Mindful
of Your
Mood and
Energy**

Energy Check-In

Have you ever felt as lazy as a two-toed sloth?



Energy Check-In

Have you ever felt as energized as a happy hummingbird?



Energy Check-In

Have you ever felt so tired that you fell asleep at your desk?



Energy Check-In

Have you ever felt energized enough to run circles around your desk?





Everyone feels tired at times and wants to sit and do nothing.



I'm so tired.



I don't want to do anything.



Sometimes you make choices automatically, without thinking about what you are doing.

When you stop and think about your energy level and mood, you are more likely to make a healthy choice.





A *fit*-check is when you stop and think about your energy level and mood before you make a choice.





Doing a *fit*-check helps you make healthy choices!



WHY DO A FIT-CHECK?



Try It!

During your next recess, stop and think about your energy level and mood by doing a *fit*-check. Then, decide which healthy choice you will make!



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