

# Educator's Guide

## Challenge 11: Think *fit*. Be *fit*!



### Captivate

#### It's Challenge Week!

#### Part 1 Lift Off

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- This challenge will encourage students to make *fit* choices throughout the day.
- Select the slideshow for Part 1. Students will begin the challenge by checking their energy, checking their MOOD, and moving with a *fit*Boost.



### Educate

#### Think *fit*. Be *fit*!

- Do a quick review of *Topic 11: The fit Connection* before introducing the challenge.
- **Your Challenge: "I Will" make a *fit* choice.** Make a *fit* choice for each part of *fit*.
- Discuss *fit* choices.
  - **RECHARGE:** Get 9-12 hours of sleep at night and take time to relax during the day.
  - **MOOD:** Check your MOOD throughout the day to see if it is influencing your choices.
  - **FOOD:** Drink milk or water; choose fruits and veggies, steer clear of sugar.
  - **MOVE:** Get moving; make it fun!
  - Get 10-11 hours of sleep.



### Activate

#### Do It!

**"I Will" make a *fit* choice.**  
Make a *fit* choice for each part of *fit*.

- Prepare to track the challenge. How will you show student participation? Ask for a show of hands to show participation, or create a chart showing times and places for *fit* choices, then keep a running tally.
- Select and print the challenge tracker (see options below) you will use for students to record and/or write about their *fit* choices.

#### Part 2 Take Action

#### Challenge Check In

- Poll students with a show of hands to show participation each day until you are ready to wrap up the challenge.
- Discuss the challenge with questions such as:
  - Stand and show thumbs up if the challenge is easy for you. What makes it easy?
  - Stand up and stomp your feet if the challenge is difficult for you. What makes it difficult?

#### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - What propelled you forward through the challenge? Did your classmates encourage you?
  - What held you back while attempting the challenge? Did you feel like you were too busy to MOVE or relax? Did you forget?
- Discuss how students can overcome any obstacles during a challenge.

#### Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge.

#### Challenge Others

- Encourage students to challenge another person to make *fit* choices. Challenge friends, siblings, and/or other family members. Make it fun!

### Student Materials

#### Challenge Trackers

Select a challenge tracker to download and print for students to track their challenge. Alternatively, students can record their progress in a notebook or journal.

Option 1: Track *fit*-checks.

Option 2: Draw or write about *fit*-check times and places.

Option 3: Check off daily challenge on 3x5 card.

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**Notes:**