Challenge 12: Excuses, Excuses!

**Part 1: Lift Off**

**Captivate**
- 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!
- For this challenge, students check their MOOD to see if it is “I Will” or “I Won’t” at different times during the day. They will note whether they make a fit choice or let an excuse get in the way.
- This week’s challenge begins with a fitBoost!

**Educate**
- Start with a quick review of Topic 11: Excuses, Excuses! before introducing the challenge.

**Your Challenge: Check your MOOD.**
- Tell yourself “I Will” and make a fit choice instead of an excuse.
- Students check their MOOD after school.
- Students record their MOOD on a tracking form, then record whether they made a fit choice or an excuse.

**Activate**
- Prepare to track the challenge. Decide which challenge tracker (see options below) students will use to track their MOOD checks.
- As an option, students can write in a notebook or journal.
  - What was your MOOD after school?
  - Did you make an excuse or did you do something fit?

**Part 2: Take Action**

**Challenge Check In**
- Check student progress each day until you are ready to wrap up the challenge.
- Get kids moving during the challenge check in:
  - Ask students to stand if they thought the challenge was a breeze, and their MOOD was always “I Will.”
  - Next, ask them to stand if they thought the challenge was difficult and they found themselves making excuses.
- Discussion questions:
  - Did anyone make an excuse? What was the excuse?
  - Did anyone bust their excuse and make a fit choice instead?

**Challenge Wrap Up**
- Lead a class discussion on the final day of your challenge:
  - What helped you move forward through the challenge? What helped you to remember to check your MOOD?
  - Did excuses hold you back? Were you able to motivate your MOOD by talking yourself into making a healthy choice? Why or why not?
  - Did anyone need to overcome an obstacle during this challenge? What was it and what did you do?

**Congratulations!**
- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to check their MOOD and make fit choices over the weekend.

**Challenge Others**
- Encourage students to challenge another person to do the fit challenge. Challenge friends, family, and teachers!

**Challenge Trackers**
Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

- Option 1: Record challenge choices on grid.
- Option 2: Record challenge choices on individual pages.
- Option 3: Check off daily challenge on a 3x5 card.