

Name _____

My Choices

Show three choices you will make after school today.
Think about why you will make those choices.

I will...

I will...

I will...



Name _____

Draw or write examples of *fit* choices in each section.

fit Choices



Name _____

My *fit* Choices

Show ways you will choose to RECHARGE your energy and motivate your Mood.

I will...

I will...

I will...



Name _____

Show your *fit* choices in each section.

Make a *fit* Choice

In the morning:

At school:

After school:

In the evening:

