

# Educator's Guide

## Challenge 6: *fit*-Check



### Captivate

#### It's Challenge Week!

- 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 do a *fit*-check at different times throughout the day.
- Begin the challenge by selecting the slideshow for Part 1. Students are asked about the times in their day when they make choices. Do they pause and do a *fit*-check?



### Educate

#### *fit*-Check

- Begin with a quick review of *Topic 6: fit-Check* before introducing the challenge.

#### Your Challenge:

##### Check Your MOOD and energy daily.

Tell yourself "I Will" make a *fit* choice.

- Discuss when to do a *fit*-check. For example...
  - *When you wake up in the morning.*
  - *When you go outside for recess.*
  - *When you reach for a snack after school.*
  - *When you sit down to watch TV.*
  - *When you sit down for a meal.*



### Activate

#### Do It!

##### Check Your MOOD and energy daily.

Tell yourself "I Will" make a *fit* choice.

- Prepare to track the challenge. How will you show student participation? You can ask for a show of hands, or create a chart showing times and places for *fit*-checks, 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*-checks.
- Option: Print the *fit*-check reminder for students to cut out and decorate. Discuss where to place the reminders.

#### Part 1 Lift Off

#### Part 2 Take Action

#### Challenge Check In

- Remind students that the purpose of a *fit*-check is to recognize and think about their energy and mood to guide *fit* choices.
- 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 if the challenge is difficult for you. What makes it difficult?*
  - *When did you do your fit-check? What was your energy level and MOOD?*

#### 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 take time for a fit-check? Did you forget?*
- Discuss how students can overcome any obstacles during a challenge.

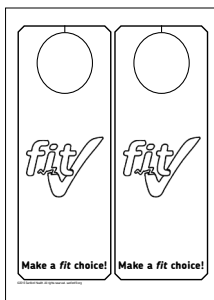
#### Congratulations!

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

#### Challenge Others

- Encourage students to challenge another person to do the *fit*-check challenge. Challenge friends, siblings, and/or other family members.

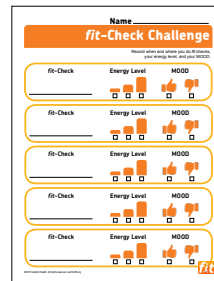
#### Student Materials *fit*-Check Reminder



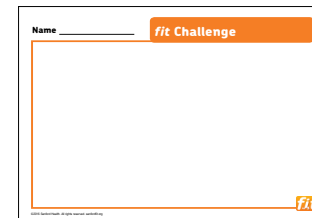
#### Challenge Trackers

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

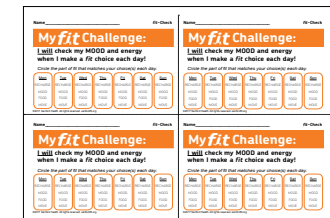
#### Option 1: Track *fit*-checks.



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



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



*Educator's Guide*  
**Challenge 6: *fit*-Check**



**Notes:**