

Name _____

My times and places for a



In the Morning

At School

After School

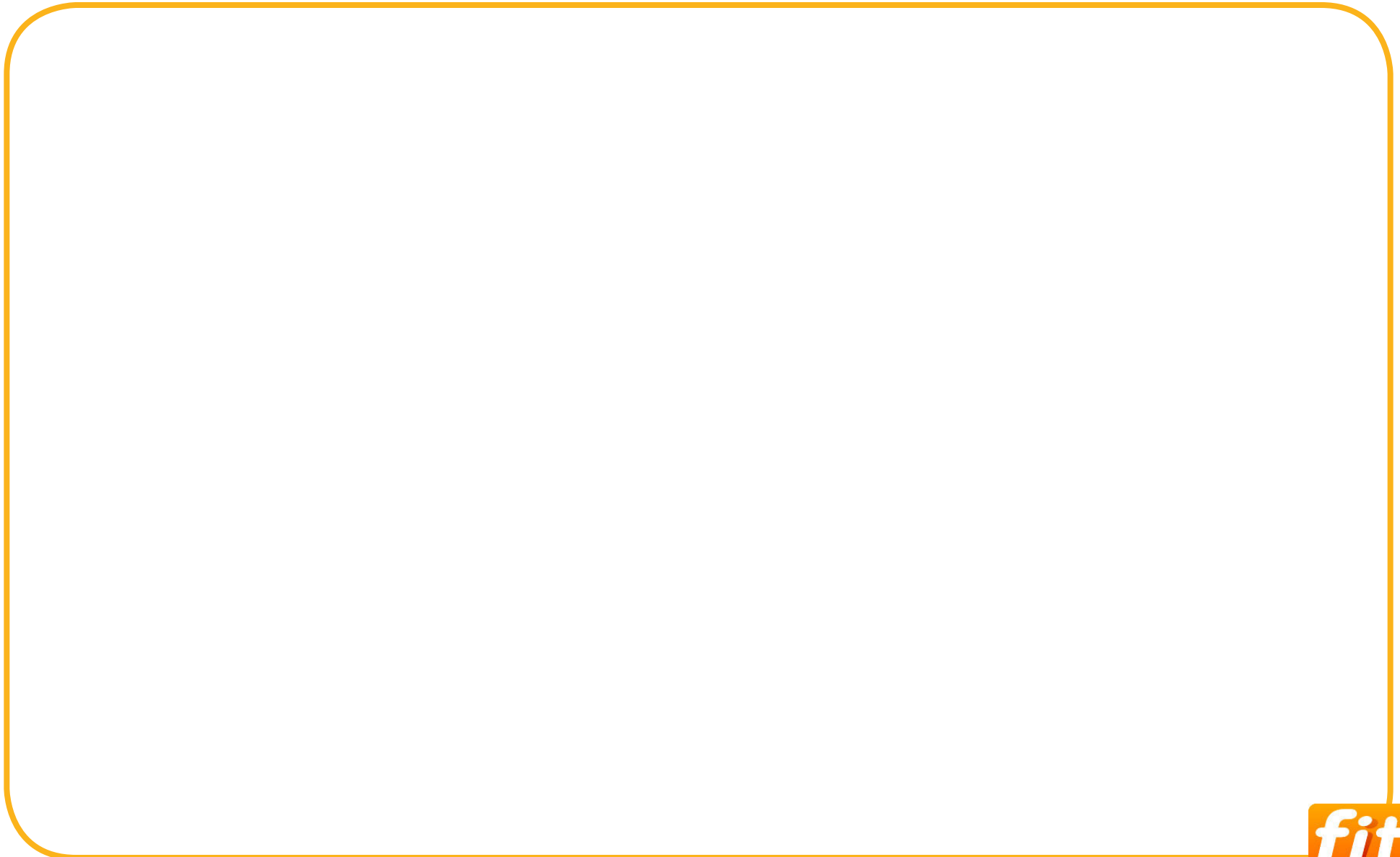
At Bedtime

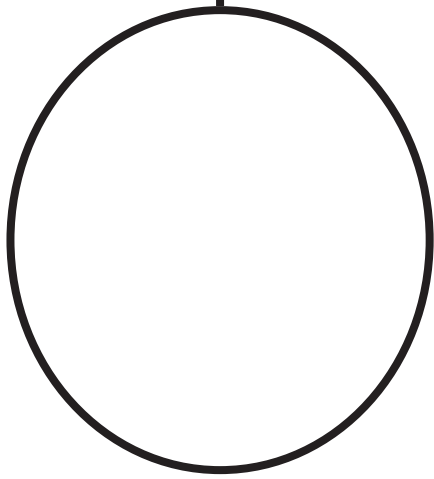


Name _____

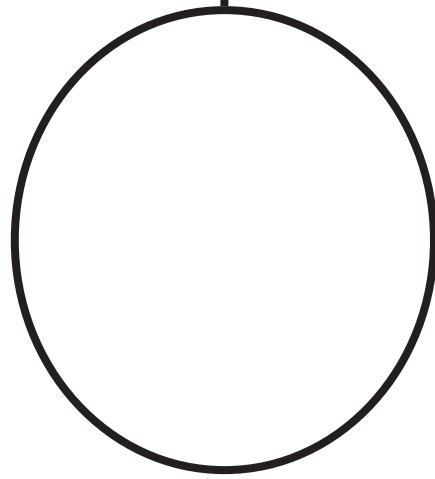
fit-Check Poster

Draw or write about your *fit*-check.





Make a *fit* choice!



Make a *fit* choice!