

Name _____

Healthy Choices

Show three "I Will" choices you can make today.

I will...

I will...

I will...



Name _____

fit Tip



Name _____

RECHARGE for a Better MOOD

Remind yourself that you need energy for your MOOD and to make healthy choices by writing or drawing ways you can get good sleep, be in a good MOOD, and make good choices.

Good Sleep

Good MOOD

Good Choices

