

Your *fit* Menu

CUT OUT
YOUR ORDER
& SHARE THE
MENU WITH
SOMEONE
ELSE!

LOOK AT THE MENU BELOW AND "ORDER" AT LEAST ONE HEALTHY OPTION FOR EACH DAY THIS WEEK!
VISIT SANFORDFIT.ORG TO FIND *fitFlow*, *fitBoost*, AND MORE WAYS TO BE HEALTHY!

MOOD ●●●●●●●●●●●●●●●●

Each entrée comes with an "I Will" attitude.

- Take a reading break.....15 minutes
- Write thank you notes.....3 notes
- Draw what makes you happy.....5 things

FOOD ●●●●●●●●●●●●●●●●

Each entrée comes with a full tank of fuel.

- Read food labels.....5 labels
- Snack on fruit.....1 handful
- Drink lots of water.....8 glasses

RECHARGE ●●●●●●●●●●●●●●●●

Each entrée comes with a side of energy.

- Take deep breaths.....10 breaths
- Try a new *fitFlow*.....5 minutes
- Journal about your day.....15 minutes

MOVE ●●●●●●●●●●●●●●●●

Each entrée comes with strong muscles.

- Do jumping jacks.....10 jumps
- Play MOVE charades.....20 minutes
- Dance like crazy.....2 songs

fit ●●●●●●●●●●●●●●●●

Each entrée builds a healthy body and brain.

- Set a *fit* goal.....1 goal
- Track your healthy choices.....1 day
- Do *fit*-checks during the day.....3 checks

Sides ●●●●●●●●●●●●●●●●

Still starving for health? Add some extra fit!

- Do a *fitBoost*.....5 minutes
- Hang up the *fit* posters.....5 posters
- Share this menu with a friend.....1 friend

Place Your Order ●●●●●●●●●●●●●●●●

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY