



fit4Schools At-A-Glance

Core Content	Topics
<p>Motivate Your MOOD</p> <ul style="list-style-type: none"> • Develop a personal awareness of MOOD • Form healthy responses to emotions • Manage MOOD and motivation to make healthy choices 	<ul style="list-style-type: none"> 1: Be a <i>fit</i> Kid 2: Know Your MOOD 6: <i>fit</i>-Check 7: Motivate Your MOOD 11: Think <i>fit</i>. Be <i>fit</i>! 12: Excuses, Excuses 16: I Think I Can 17: Bust an “I Won’t” MOOD 21: Your <i>fit</i> Brain 22: Motivation Matters
<p>RECHARGE Your Energy</p> <ul style="list-style-type: none"> • Sleep the recommended hours daily <ul style="list-style-type: none"> - 3 to 5 years = 10-13 hours - 6 to 12 years = 9 -12 hours - 13 to 18 years = 8-10 hours • Increase unplugged relaxation daily • Form healthy responses to energy level 	<ul style="list-style-type: none"> 1: Be a <i>fit</i> Kid 4: Energize! 6: <i>fit</i>-Check 9: Good Night 11: Think <i>fit</i>. Be <i>fit</i>! 14: RECHARGE Daily 16: I Think I Can 19: Get Charged Up 21: Your <i>fit</i> Brain
<p>Think Your FOOD</p> <ul style="list-style-type: none"> • Improve food and beverage choices • Reduce sugar consumption • Increase fruit and vegetable consumption 	<ul style="list-style-type: none"> 3: FOOD is Fuel 8: fit FOOD Choices 11: Think <i>fit</i>. Be <i>fit</i>! 13: Sugar Counts 18: Portion Savvy 21: Your <i>fit</i> Brain 23: Shake Up Your Wake Up
<p>MOVE Your Body</p> <ul style="list-style-type: none"> • Be physically active throughout the day <ul style="list-style-type: none"> - 60 minutes or more • Increase intensity of physical activity • Limit screen time 	<ul style="list-style-type: none"> 5: MOVE Many Ways 10: Action Pack Your Day 11: Think <i>fit</i>. Be <i>fit</i>! 15: Power Your Brain 20: MOVE Your Muscles 21: Your <i>fit</i> Brain



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Topic	Sessions	Objectives	Challenge	National Health Education Standards
1	Be a <i>fit</i> Kid! 1. Choices, Choices 2. <i>fit</i> Choices 3. It's All Connected 4. <i>fit</i> Choice Influencers 5. You Can Make <i>fit</i> Choices	a. Recognize many choices are made each day. b. Name the four parts of <i>fit</i> : RECHARGE, MOOD, FOOD, and MOVE. c. Describe <i>being fit</i> as "making choices that are good for your body and brain." d. Identify MOOD and RECHARGE as influencers of FOOD and MOVE choices.	Make a <i>fit</i> Choice After School Show at least one choice for each part of <i>fit</i> .	1, 4, 5, 6, 7, 8
2	Know Your MOOD 1. How are you feeling? 2. Feelings Put You in a MOOD 3. Recognize Your MOOD 4. MOOD's Influence 5. Turn Your MOOD Around	a. Identify vocabulary words to describe various feelings that affect MOOD. b. Describe <i>MOOD</i> as "I Will" or "I Won't" make a <i>fit</i> choice." c. Recognize that feelings and MOOD change throughout the day. d. Recognize that you can talk yourself into making a <i>fit</i> choice when your MOOD is "I Won't."	Check Your MOOD After School Check to see if your MOOD is "I Will" or "I Won't"	1, 2, 4, 5, 6, 7, 8
3	FOOD is Fuel 1. FOOD is Your Body's Fuel 2. Think What You Eat 3. Think Your Drink 4. Make Healthy Fuel the Easy Choice 5. Think Your Body's Fuel	a. Describe <i>FOOD</i> as "fuel for a healthy body and brain." b. Identify healthy food and drink choices.	Think Your FOOD! Choose a Healthy Snack	1, 4, 5, 6, 7, 8
4	Energize! 1. RECHARGE to Energize 2. Energy Influences Choices 3. Sleep to Restore Your Energy 4. Refresh Energy During the Day 5. Choose to RECHARGE	a. Describe <i>RECHARGE</i> as "to sleep or relax to get energy." b. Recall that children need 10-11 hours of sleep each night. c. Describe healthy ways to relax during the day to refresh energy.	Good Night! Get 10-11 Hours of Sleep	1, 2, 4, 5, 6, 7, 8
5	MOVE Many Ways 1. What's in a MOVE? 2. MOVE for Your Body and Brain 3. Make time to MOVE 4. Make Moving Fun! 5. Plan to MOVE in Your Day	a. Describe <i>MOVE</i> as "physical activity." b. Recognize that moving benefits your body and brain. c. Describe different ways to MOVE.	MOVE a new way each day! Find different times and ways to MOVE each day.	1, 5, 6, 7, 8



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6	fit-Check 1. Why do a <i>fit</i> -check? 2. What is a <i>fit</i> -check? 3. Stop and Think 4. Daily Choices 5. <i>fit</i> -check Time	a. Recognize MOOD and RECHARGE as influencers of <i>fit</i> choices. b. Describe <i>fit-check</i> as “checking RECHARGE and MOOD before making a choice.” c. Identify times and places to do a <i>fit</i> -check.	Do a <i>fit</i>-Check Each Day Pick a time during your day to do a <i>fit</i> -check.	1, 4, 5, 6, 7, 8
7	Motivate Your MOOD 1. Don't Want To 2. Turn Your MOOD Around 3. Have Some Fun! 4. Motivate Your MOOD 5. Talk Yourself into a <i>fit</i> Choice	a. Recall that feelings put you in an “I Will” or an “I Won't” MOOD. b. Describe <i>Motivate Your MOOD</i> as “turning an ‘I Won't’ MOOD around to make a <i>fit</i> choice.” c. Describe ways to turn a MOOD around with self-talk (e.g., choose to RECHARGE energy, get active, do something fun, and/or do something with a friend).	Check your MOOD “I Will” – What is your choice? “I Won't” – Can you turn it around and make a healthy choice	1, 4, 5, 6, 7, 8
8	fit FOOD Choices 1. Fuel Your Body and Brain 2. Choose Healthy FOOD 3. Think Your Snack FOOD 4. Think Your Mealtime FOOD 5. Think Your Fuel	a. Recall that FOOD is fuel for a healthy body and brain. b. Identify FOOD and drink choices that are best for your body and brain. c. Use the stoplight colors of green, yellow, and red as tools to categorize FOOD choices.	Think your FOOD! Choose a healthy snack.	1, 2, 4, 5, 6, 7, 8
9	Good Night 1. Sleep is Brain Fuel 2. Enough Sleep? 3. Prepare to Restore Your Energy 4. Your Sleep Zone 5. Choose to RECHARGE	a. Recall that children need 10-11 hours of sleep each night. b. Identify a sequence of activities that make up a bedtime routine. c. Describe <i>sleep zone</i> as an “environment conducive for sleep.”	Tell Your Bedtime Story Plan and track a bedtime routine.	1, 2, 3, 4, 5, 6, 7, 8
10	Action Pack Your Day 1. The <i>fit</i> Connection 2. MOVE Your Body 3. MOVE at School 4. MOVE at Home 5. Be Active all Day	a. Describe how MOVE links to RECHARGE, MOOD, and FOOD. b. Describe the benefits of physical activity (e.g., energy, focus, motivation). c. Plan ways to add physical activity to daily activities.	Sneak in Extra Moves Add a MOVE to what you normally do each day.	1, 2, 4, 5, 6, 7, 8



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11	Think <i>fit</i>. Be <i>fit</i>!	<ol style="list-style-type: none"> Motivate Your MOOD Think Your FOOD RECHARGE Your Energy MOVE Your Body Be <i>fit</i>! 	<ol style="list-style-type: none"> Identify RECHARGE, MOOD, FOOD, and MOVE as the four parts of healthy living. Explain that RECHARGE and MOOD influence FOOD and MOVE choices. Demonstrate how to do a <i>fit</i>-check to self-assess energy and MOOD. 	Be a <i>fit</i> Kid! Make a MOOD, RECHARGE, FOOD, and MOVE <i>fit</i> choice each day.	1, 2, 3, 4, 5, 6, 7, 8
12	Excuses, Excuses	<ol style="list-style-type: none"> "I Will" or "I Won't" Silly Excuses Real Excuses Excuse Busters Turn Around 	<ol style="list-style-type: none"> Identify <i>MOOD</i> as "I Will" or "I Won't" make a <i>fit</i> choice." Recognize that an "I Won't" MOOD leads to excuses. Demonstrate making a <i>fit</i> choice instead of making an excuse. 	Check your MOOD After School Check your MOOD, choices, and excuses.	1, 2, 3, 4, 5, 6, 7, 8
13	Sugar Counts	<ol style="list-style-type: none"> FOOD and Drink Signs and Labels Sugar Alert The Juice on Juice Think Your Fuel 	<ol style="list-style-type: none"> Recall water and milk as the healthiest drink choices. Identify the amount of sugar in a beverage using its food label. Identify fruit as the healthier choice over fruit juice. 	Think your FOOD! Track What You Drink	1, 2, 3, 4, 5, 6, 7, 8
14	RECHARGE Daily	<ol style="list-style-type: none"> RECHARGE Influences Choices RECHARGE During the Day Refresh Your Energy Boost Your Energy Get Your RECHARGE 	<ol style="list-style-type: none"> Recognize the need to RECHARGE during the day. Describe quiet activities to RECHARGE during the day. Describe movement activities to RECHARGE during the day. 	RECHARGE During the Day Record your refresh and boost activities.	1, 3, 4, 5, 6, 7, 8
15	Power Your Brain	<ol style="list-style-type: none"> Your Brain on MOVE Activate Your Brain MOVE for a Healthy Brain MOVE to Remember MOVE with Others 	<ol style="list-style-type: none"> Explain that moving (physical activity) increases brain activity. Explain that an active brain can better absorb information for learning. Demonstrate how to encourage friends and family to increase physical activity. 	Fill Your Brain with MOVE! Learn while you MOVE and MOVE while you learn.	1, 4, 5, 6, 7, 8



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16	I Think I Can! 1. "I Can't" and "I Won't" 2. Beat those Barriers 3. Give it a Try 4. And You're Off! 5. Did it!	a. Recall MOOD and RECHARGE as influencers of <i>fit</i> choices. b. Name RECHARGE, MOOD, FOOD, and MOVE choices. c. Discuss barriers that prevent healthy choices.	Set a <i>fit</i> Goal Try something new or to be a healthier person.	1, 3, 4, 5, 6, 7, 8
17	Bust an "I Won't" MOOD 1. Your MOOD and Your Choices 2. Talk to Yourself 3. RECHARGE for a Better MOOD 4. Be Happy 5. Take Charge of Your MOOD	a. Recognize that MOOD influences FOOD and MOVE choices. b. Demonstrate four strategies to motivate MOOD: – Talk to a trusted friend or adult – Self-talk – Relax to RECHARGE energy – Decide upon a fun way to MOVE	Bust an "I Won't" MOOD Check your MOOD and note when you change "I Won't" to "I Will."	1, 2, 4, 5, 6, 7, 8
18	Portion Savvy 1. Portion Distortion 2. Your Portion, Your Choice 3. Pondering Portions 4. Size It Right 5. Portion Connections	a. Identify FOOD as fuel for a healthy body and brain. b. Describe a <i>portion</i> as "the right amount of food for your body." c. Relate real objects and hands to portion sizes.	Pick Perfect Portions Record food choices and portions.	1, 3, 4, 5, 6, 7, 8
19	Get Charged Up 1. Recharge Your Energy 2. Boost Your Brain and Body 3. Sleep 4. Relax 5. Charge Up Your Mind and Body	c. Recognize that RECHARGE is necessary for a healthy body and brain. a. Recognize that sleep is a vital part of maintaining a healthy body and brain. b. Discuss relaxing activities to benefit your body and brain.	Cool Down Your Body and Brain Track your RECHARGE (relax and sleep).	1, 4, 5, 6, 7, 8
20	MOVE Your Muscles 1. The Talk Test 2. Low Intensity Activities 3. Moderate Intensity Activities 4. Vigorous Intensity Activities 5. MOVE Everyday	a. Identify low, moderate, and vigorous intensity levels of movement. b. Demonstrate low, moderate, and vigorous intensity levels of movement. c. Describe the benefits of low, moderate, and vigorous intensity levels of movement.	MOVE Every Day Add a MOVE to what you normally do each day.	1, 2, 3, 4, 5, 6, 7, 8



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21	Your <i>fit</i> Brain 1. RECHARGE Your Brain 2. Your Brain on MOOD 3. Your Brain on FOOD 4. Your Brain on MOVE 5. Your Brain on <i>fit</i>	<ul style="list-style-type: none"> a. Recognize that RECHARGE (sleep and relaxation) helps the brain focus, interpret, and store information. b. Recall that a positive MOOD allows the brain's creativity to take over. c. Recognize that healthy FOOD choices give your brain energy. d. Describe ways to MOVE to brighten and activate your brain. 	Train Your Brain Challenge yourself to make one choice for each part of <i>fit</i> .	1, 2, 4, 5, 6, 7, 8
22	Motivation Matters 1. Motivate Your MOOD 2. Goal Setting 3. Stay Motivated 4. Everyday Motivation 5. Achieve Your Goals	<ul style="list-style-type: none"> a. Recognize motivation as the drive that encourages you to do your best and keep going. b. Use goal setting as a strategy for motivation. c. Describe scenarios when motivation is necessary or beneficial. 	Set a <i>fit</i> goal!	1, 4, 5, 6, 7, 8
23	Shake Up Your Wake Up 1. Breakfast Basics 2. Breakfast Benefits 3. Healthy Breakfasts 4. Breakfast Barriers 5. 5 Star Breakfast	<ul style="list-style-type: none"> a. Identify energy and concentration as benefits of eating breakfast. b. Identify obstacles to eating a healthy breakfast. c. Choose healthy breakfast options using MyPlate categories. 	Eat a 5-star breakfast every day.	1, 2, 3, 4, 5, 6, 7, 8