



Your Choices Add Up to Fitness

To be fit, balance the energy you use (being active) with the energy you take in (eating smart) while doing the things you enjoy (feeling good).

Part 1

Think of the choices you've made over the past day, then write them in each section of the chart to the right.

Part 2

Complete the math problems below and fill in the chart with your answers. When you have finished, share your answers with the class.

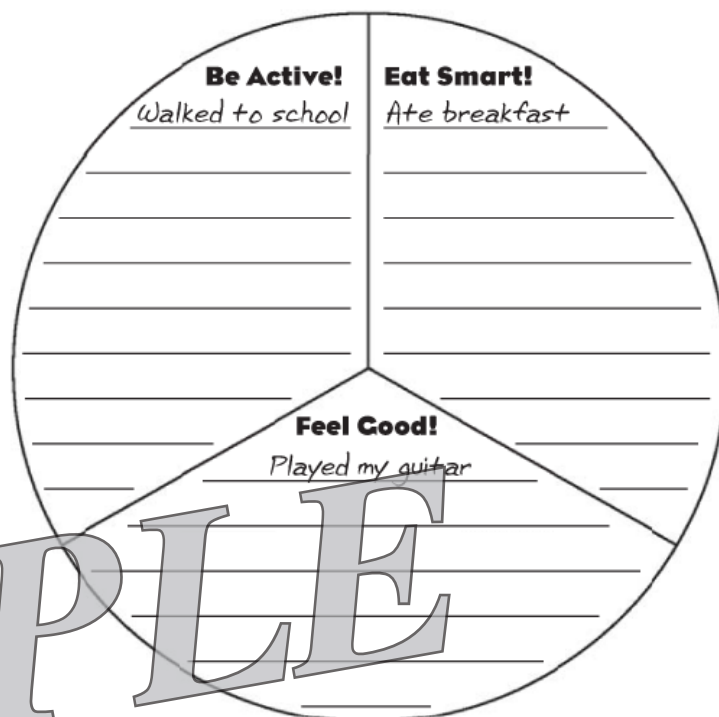
1. Add up the number of choices you've made in each section. Then add up the total number of choices for all categories. Use these totals to represent the number of choices in each section as a fraction.

Example: If you wrote 3 choices in the Be Active! section, and wrote 12 choices in total, your choices in that section make up one-fourth ($\frac{1}{4}$) of the pie. (3 out of 12, or $\frac{3}{12}$, can be reduced to $\frac{1}{4}$.)

Be Active! fraction: _____

Eat Smart! fraction: _____

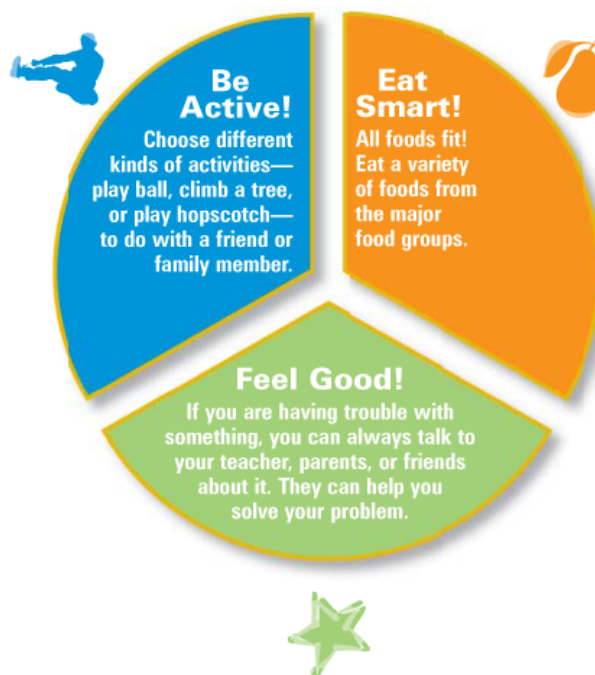
Feel Good! fraction: _____



2. Take a look at the fractions you wrote in question 1. Are the sections of the pie chart equally balanced? Write some additional choices you can make to balance your fitness in all three parts.

Three Parts Make the Whole You

Balanced fitness is made up of three important parts. Try to have a balanced day, every day.



BONUS! A pie chart is one way to show data or information. Another way is by using a bar graph. Create a bar graph that shows how many choices you listed for each category. Be sure to clearly label the graph, including what each bar represents.