



Aim to Be Fit and Healthy Every Day!

The Whole You

There are three key elements to being fit: physical activity, nutrition, and emotional well-being. It's important to balance the amount of energy you take in (nutrition) with the amount of energy you use (physical activity) while doing the things you enjoy (emotional well-being).

Be Active!

It's important to get your body moving every day to stay healthy. Being active can also improve the way you feel.

Eat Smart!

Choosing a variety of foods will give you the energy to think clearly, play longer, and feel good. It's important to be aware of what you eat, how much, when, and why.

Feel Good!

Being active, enjoying what you do, and having a positive attitude all contribute to a healthy, whole you.

Sunday



Monday



Tuesday

Make a list of cool things you can do to be active, eat smart, and feel good.

Wednesday



Thursday



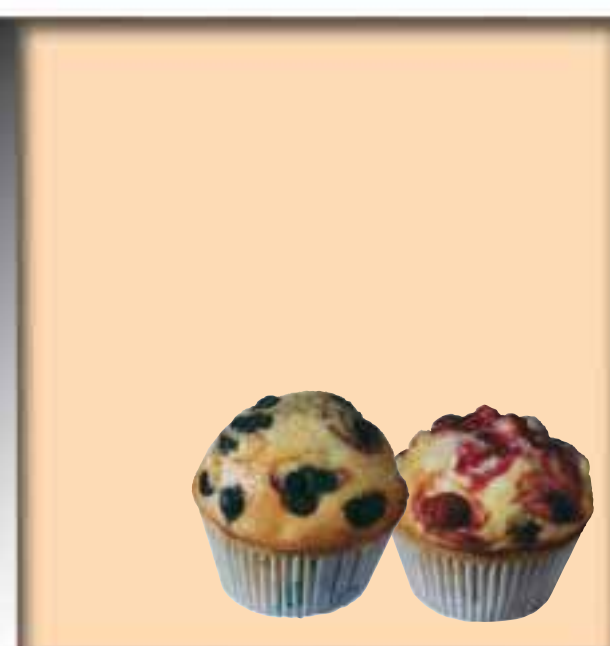
Friday



Saturday



Think of fun things you have never done before that you might enjoy doing to be active.



Eating breakfast is an important part of eating smart. Write down what foods are in your favorite breakfast. What food groups do they belong to?



Write down things that make you feel good and do one every day.

