*fit*Commit Daily Calendar

Use this calendar to inspire healthy choices each day. Put a sticker or check mark in the box once you've completed the activity. Make it a goal to do 30 days of activities! Let's get fit!

MOVE ☐ I did it!	FOOD ☐ I did it!	MOOD ☐ I did it!	RECHARGE ☐ I did it!	MOVE ☐ I did it!
Do 10 jumping jacks.	Choose water over a sugar-filled drink.	Help a family member without being asked.	Try a new yoga pose to recharge during class by using fitFlow.	Unplug and play a game—either a board game or an outside game.
FOOD ☐ I did it!	**MOOD ☐ I did it!**	**MOVE ☐ I did it!**	**RECHARGE ☐ I did it!**	**FOOD ☐ I did it!**
Compare drink labels. Which has the most/least amount of sugar?	Do something nice today for a teacher or classmate.	Do arm crosses while walking in the hallway.	Stretch before you sit and after you get up from your desk.	Write a list of healthy snacks you can bring to school.
MOVE ☐ I did it!	**RECHARGE ☐ I did it!**	**FOOD ☐ I did it!**	**MOOD ☐ I did it!**	**RECHARGE ☐ I did it!**
Take a 3-minute break during class and do a fitBoost.	Calculate the time you need to go to bed to get 9–12 hours of sleep.	Choose a piece of fruit instead of chips or cookies.	Close your eyes, take 3 deep breaths, and think about something you LOVE doing.	Listen to relaxing music.
MOOD ☐ I did it!	**MOVE ☐ I did it!**	**RECHARGE ☐ I did it!**	**FOOD ☐ I did it!**	**MOVE ☐ I did it!**
Decide to turn an "I Won't" mood into an "I Will" mood. What fit choice will you make?	Try to balance on one foot while waiting for the bus or in line.	Do a breathing exercise. Inhale slowly through your nose. Exhale slowly through your mouth.	Think about portion sizes today as you eat your meals.	Stand at your desk while doing work.
FOOD ☐ I did it!	**MOOD ☐ I did it!**	**FOOD ☐ I did it!**	**MOVE ☐ I did it!**	**RECHARGE ☐ I did it!**
Drink 4 glasses of water today.	Motivate yourself to make a plan, talk to others, or do a challenge.	Build a balanced meal today. Use this poster to help you.	Turn on some tunes and take a dance break during class.	Choose reading over screen time.