

KEEP YOUR MIND, BODY AND SPIRIT FIT!  
LET'S HAVE FUN AND BE HEALTHY TOGETHER!  
CHECK OFF ALL YOU HAVE DONE.

Name \_\_\_\_\_

School \_\_\_\_\_

Teacher \_\_\_\_\_

F	I	T	G	O
Physical Activity	Healthy Eating	Healthy Living	Positive Mental Health	Safety & Injury Prevention
I brought my water bottle to gym class	I ate 6 servings of vegetable and fruits per day 3 times this week □ □ □	I slept for at least 10 hours on this night _____	I did 2 minutes of self reflection on this day _____	I obeyed all traffic signals and stop signs this week
I did 60 minutes of vigorous activity 3 times this week □ □ □	I drank water with every meal today	I helped to make a healthy meal on this day _____	I gave 2 compliments today □ □	I did not wear earbuds/headphones while walking this week
I took the stairs instead of the elevators/escalator when possible	I ate breakfast every day □ □ □ □ □	<b>Healthy Schools</b>	I recognized and managed stress by doing this _____	I wore a seatbelt every time I rode in a car _____
I set a physical activity goal for this week and met it _____ _____	I ate dinner with family or friends 3 times this week □ □ □	I chose a healthier option by eating this _____ instead of this _____	I thought of 3 things that I like about myself □ □ □	I know where to go or who to talk to if I need help (answer this in your head)
I was active with my family or friends by doing this _____	I made my own healthy lunch two times this week □ □	I brought my water bottle to school every day this week □ □ □ □ □	I asked this adult who their role model was and why _____	I dressed warmly to go outside

KEEP YOUR MIND, BODY AND SPIRIT FIT!  
LET'S HAVE FUN AND BE HEALTHY TOGETHER!  
CHECK OFF ALL YOU HAVE DONE.

Name \_\_\_\_\_

School \_\_\_\_\_

Teacher \_\_\_\_\_

F	I	T	G	O
Physical Activity	Healthy Eating	Healthy Living	Positive Mental Health	Safety & Injury Prevention
I brought my water bottle to gym class	I ate 6 servings of vegetable and fruits per day 3 times this week □ □ □	I slept for at least 10 hours on this night _____	I did 2 minutes of self reflection on this day _____	I obeyed all traffic signals and stop signs this week
I did 60 minutes of vigorous activity 3 times this week □ □ □	I drank water with every meal today	I helped to make a healthy meal on this day _____	I gave 2 compliments today □ □	I did not wear earbuds/headphones while walking this week
I took the stairs instead of the elevators/escalator when possible	I ate breakfast every day □ □ □ □ □	<b>Healthy Schools</b>	I recognized and managed stress by doing this _____	I wore a seatbelt every time I rode in a car _____
I set a physical activity goal for this week and met it _____ _____	I ate dinner with family or friends 3 times this week □ □ □	I chose a healthier option by eating this _____ instead of this _____	I thought of 3 things that I like about myself □ □ □	I know where to go or who to talk to if I need help (answer this in your head)
I was active with my family or friends by doing this _____	I made my own healthy lunch two times this week □ □	I brought my water bottle to school every day this week □ □ □ □ □	I asked this adult who their role model was and why _____	I dressed warmly to go outside