



CLEVER FIT

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For 2-4 players
from 7 years of age.
Duration:
about 35 minutes.

The set includes:

- 1 game board
- 72 food cards divided into seven food groups:
 - Sugary Foods (red)
 - Fats/Egg white (grey)
 - Proteins (turquoise)
 - Fruits/Vegetables (green)
 - Carbohydrates (orange)
 - Liquids (blue)
 - Sports (joker)
- 1 starting player card (a two-sided Banana/Broccoli card)
- 28 point tokens

Design your own menu for the day from a variety of food products. Use your food reserves wisely and ensure that you drink enough liquids throughout the day. Avoid munching on sweets and try not to step on their red tiles on the game board. Tune it up with some sporting activities and enjoy a well-deserved rest as the winner at the end of the day!



About the game

Clever Fit is a game of planning the three meals of your day. Each player selects cards with food products (food cards) to take as their food reserve. (The players start from using their food reserve to make their first meal, then the second one, and finally, the third). Each meal is arranged in a similar manner. Each player can use 6 cards at the time of a meal. After playing a food card, the player's point token is moved along the respective food group row on the game board. The player to collect the most points by the end of the day, i.e. the end of the game, becomes the winner.

Food cards

Each card depicts some type of food product or a sporting activity that the players can take as their personal food reserve cards.

- The value of the card is indicated at the top. (see cards), e.g. +2 Sugar and -2 Fats/Egg white
- The food product containing the respective nutrients is depicted in the middle of the card.
- The coloured band at the bottom of the card indicates the main food group the product is attributed to.
- Sport cards, i.e. Jokers, are not categorized under any food group and can be recognized from the mixed colour band at its bottom and the referenced time for information purposes, e.g. 30 minutes, as can be seen in the sample card to the right.



Game setup

Place the game board in the middle of the table. Each player selects point tokens of desired colour (the total of 7 tokens) and places one token on each of the 7 starting tiles marked with purple borders. The players can place the tokens randomly one atop the other. The player who has last engaged in sports starts the game and receives the two-sided starting player card that depicts a banana/ broccoli.



HOW TO PLAY

The first meal

All food cards are shuffled and 9 cards are dealt face-down to each player before the first meal. The stack of the remaining cards is placed face-down next to the game board.

Selection of cards

Before partaking in the first meal, each player holds 9 cards in their hands. The players must choose one card as their food reserve and place it face-down in front of themselves. After choosing their reserve cards, the players give the remaining eight cards to the player to their left and receive the cards from the player to their right. The number of cards given away and received diminish each round by one until all the cards are taken as personal food reserve.

NB! The direction in which the cards are transferred to other players changes during each meal.

During the first meal, the cards are given to players clockwise, i.e. to the player to the left.

During the second meal, the cards are given anti-clockwise, i.e. to the player to the right.

During the third meal, the cards are given clockwise once again, i.e. to the player to the left.

Playing the cards

The starting player starts the meal. All players take the food reserve cards in their hands and then take turns to play one card each clockwise. Having played a card, the player moves his or her point tokens along the food group rows depending on the card value found at the top of each card. The players take turns playing the cards until they have only **3 cards remaining**.

Example 1

THE YELLOW PLAYER plays the **French Fries** card which has the value of **+1 Fats/Egg white** (corresponding to the grey row on the game board)

THE YELLOW PLAYER finds the respective point token on the grey row and moves it across **1** tile to the right.

Example 2

THE RED PLAYER plays the **Fruit Juice** card which has the value of **+2 Fruits/Vegetables** (corresponding to the green row) and also **+1 sugar** (corresponding to the red row).

THE RED PLAYER moves the respective point token on the green row across **2** tiles to the right. However, **THE RED PLAYER** also has to move the respective point token located on the red row across **1** tile to the right.



Example 3

THE BLUE PLAYER plays the **Sauce** card which has the value of **-1 Fats/Egg white** (corresponding to the grey row).

THE BLUE PLAYER moves the respective point token on the grey row across one field to the left.



Example 4

THE GREEN PLAYER plays the **Handball** card. This card is a Joker card and has the value of **+1** in any chosen food group. **THE GREEN PLAYER** chooses the food group of **Liquids** and moves the respective point token across one field to the right on the blue row.



NB: If the point token needs to be placed on a tile already occupied by tokens of other players, the token is simply put atop of other tokens. If the bottom token needs to be moved along the row, the respective player carefully takes it from the stack and places it on another tile as needed.

The first (interim) evaluation

The interim evaluation takes place after the first meal. During the interim evaluation, the players count the total points collected in the food groups of **Fats/Egg white** (grey row), **Proteins** (turquoise row), **Fruits/Vegetables** (green row) and **Carbohydrates** (orange row). The collected points are either added or subtracted on the winner track that runs along the sides of the game board.

NB: An interim evaluation does not include the points collected in the food groups of Sugary Foods (red row) and Liquids (blue row)!

The points that can be collected in each food group are indicated at the top right of each respective row. Please note that the Sugary Foods group has only deductible minus points. The number of points that the players get depend on how far to the right their tokens are placed on the corresponding row with respect to the tokens of other players. Please note that to receive surplus points, the tokens must be on the tiles to the right from the tile marked as a zero-value tile! The player whose token is placed the farthest to the right with respect to other tokens on the row receives the most points. The player whose token is the second farthest to the right with respect to other tokens receives less points, and the player whose token is the third farthest to the right with respect to other tokens receives the lowest number of points. If the player's token is the fourth furthest token counting from the right, the player gets no points.



If the same tile contains more than one token, the player whose token is at the bottom, i.e. the player who reached this tile first, gets the most points.

Example of the interim evaluation

THE RED PLAYER

Fat/Protein (grey row) **+4** points (his token is the farthest to the right)

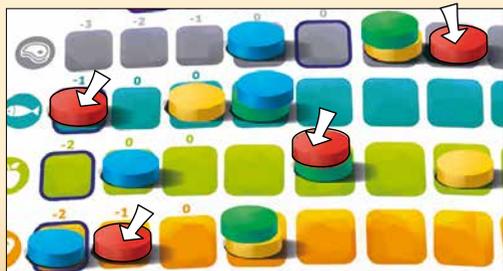
Proteins (turquoise row) **-1** point

Fruits/Vegetables (green row) **+2** points (his token is the third to the right with respect to other tokens)

Carbohydrates (orange row) **-1** point

Please note that the Sugary Foods (red row) and Liquids (blue row) groups are not assessed!

THE RED PLAYER counts the total collected points and moves his or her token across **4** tiles forward on the winner track.



Preparing for the second meal

After the interim evaluation is over, the players place their tokens on the starting tiles marked with purple borders on the following rows: **Fats/Egg white** (grey row), **Proteins** (turquoise row), **Fruits/Vegetables** (green row) and **Carbohydrates** (orange row). The location of the tokens on the stack does not matter.



NB: The tokens located on the Sugary Foods (red row) and Liquids (blue row) groups remain in their respective positions. They should not be placed on the starting tiles!

The second meal

The former starting player gives his/her Banana/Broccoli card to the player to his/her left who becomes the new starting player. The players take their **3** food reserve cards remaining from the first meal and then are dealt **6** new cards from the main stack of the cards. The remaining cards are placed face down once again.

Selection of cards

Before partaking in the second meal, each player has **9** cards in their hands. The players must choose one card as their food reserve and place it face-down in front of themselves. After choosing their reserve cards, the players give the remaining eight cards to the player to their right and receive the cards from the player to their left. The number of cards given away and received diminish each round by one until all the cards are taken as personal food reserve.

Playing the cards

The starting player starts the meal. All players take the food reserve cards in their hands and then take turns to play one card each clockwise. Having played a card, the player moves his or her point tokens along the food group rows depending on the card value found at the top of each card. The players take turns playing the cards until they have only **3 cards remaining**.

The second (interim) evaluation

The collected points are once again counted after the second meal in the same manner as after the first meal.

Preparing for the third meal

The players place their tokens on the starting tiles in the same manner as after the first meal.

The third (the last) meal

The former starting player gives his/her Banana/Broccoli card to the player to his/her left. The players take their **3** food reserve cards remaining from the second meal and then are dealt **3** new cards from the main stack of the cards. If any cards remain in the main stack, they are placed face down in the box.

Selection of cards

Before partaking in the third meal which is also the last one, each player holds **6** cards in their hands. The players must choose one card as their food reserve and place it face-down in front of themselves. After choosing their reserve cards, the players give the remaining eight cards to the player to their left and receive the cards from the player to their right. The number of cards given away and received diminish each round by one until all the cards are taken as personal food reserve.

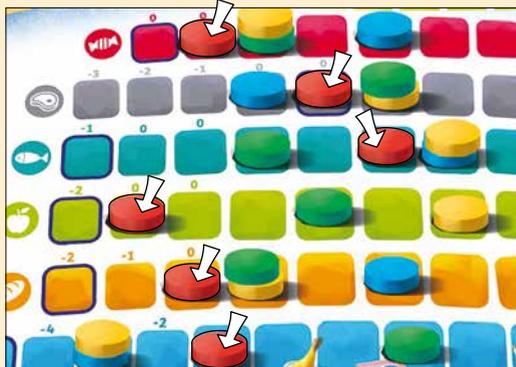
Playing the cards

The starting player starts the game. All players take the food reserve cards in their hands and then take turns to play one card each clockwise. Having played a card, the player moves his or her point tokens along the food group rows depending on the card value found at the top of each card. The players take turns playing the cards until they have **no cards remaining**.

The third (final) evaluation

The final evaluation takes place after the last (third) meal. During the final evaluation, the players count the total points collected in **all the food groups**. The respective points are either added or subtracted by moving the token along the winner track that runs along the sides of the game board. The points are counted in the same manner as during the interim evaluations.

Example of the final evaluation THE RED PLAYER



Sugary Foods (red row) **0** points
Fats/Egg white (grey row) **0** points
Proteins (turquoise row) **+2** points (his token is the third to the right with respect to other tokens)
Fruits/Vegetables (green row) **0** points
Carbohydrates (orange row) **0** points
Liquids (blue row) **+12** points (his token is the second to the right with respect to other tokens)

THE RED PLAYER moves his/her token across **14** tiles forward on the winner track

Winning the game

Clever Fit ends after the last (third) meal and the final evaluation.

The player who has moved the farthest along the winner track wins the game. If several players have collected the same number of points, all of them are the winners.

All players who manage to reach the green tiles of the winner track at the end of the day are also celebrated as winners of *Clever Fit* because they have proven that they have selected a well-balanced diet throughout the entire day!



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THE FOOD PYRAMID

A food pyramid also known as diet pyramid is a diagram representing healthy eating habits. The higher the food product is depicted on the diet pyramid, the lesser amount of it should be eaten per day. The first food pyramid was published in 1992 and was a clear representation of the quantity of various nutrients, e.g., proteins, carbohydrates, fat, vitamins and minerals, necessary for a healthy functioning of the human body.

Later, the food pyramids that aimed for higher goals, such as qualitative food assessment, were published as well. However, no matter what these diagrams are called, be it Food Guide Pagoda in China or Healthy Eating Plate created by Harvard University, all of them have the same goal: *mens sana in corpore sano* (a healthy mind in a healthy body).

