```python
import random

def number_guessing_game():
    secret_number = random.randint(1, 100)
    attempts = 0

    print("Welcome to the Number Guessing Game!")
    print("I'm thinking of a number between 1 and 100.")

    while True:
        try:
            guess = int(input("Take a guess: "))
            attempts += 1

            if guess < 1 or guess > 100:
                print("Please enter a number between 1 and 100.")
                continue

            if guess < secret_number:
                print("Too low. Try again.")
            elif guess > secret_number:
                print("Too high. Try again.")
            else:
                print(f"Congratulations! You guessed it in {attempts} attempt(s)!")
                break
        except ValueError:
            print("Invalid input. Please enter a valid number.")

# Run the game
number_guessing_game()
```