



# Winter Wellness Cup

## WEEK 1 JAN 18 - JAN 24



Read the instructions below and then track your progress on the next page as you complete each category!



### FITNESS

Walk, Run or Roll a 5k

*3.1 miles (~10,000 steps)*

- Wear warm clothes
- Wear your mask
- Wear comfortable shoes and athletic socks



### NUTRITION

Eat a Healthy Snack Each Day

*Healthy Snack Ideas:*

- Veggies with hummus
- Fresh fruit and nuts
- Hard-boiled eggs
- Whole grain crackers
- Whole wheat bread
- Apples and nut butter
- Reduced-fat cheese sticks
- Trail mix with dried fruit and nuts (no added sugar or candy pieces)



### HYDRATION

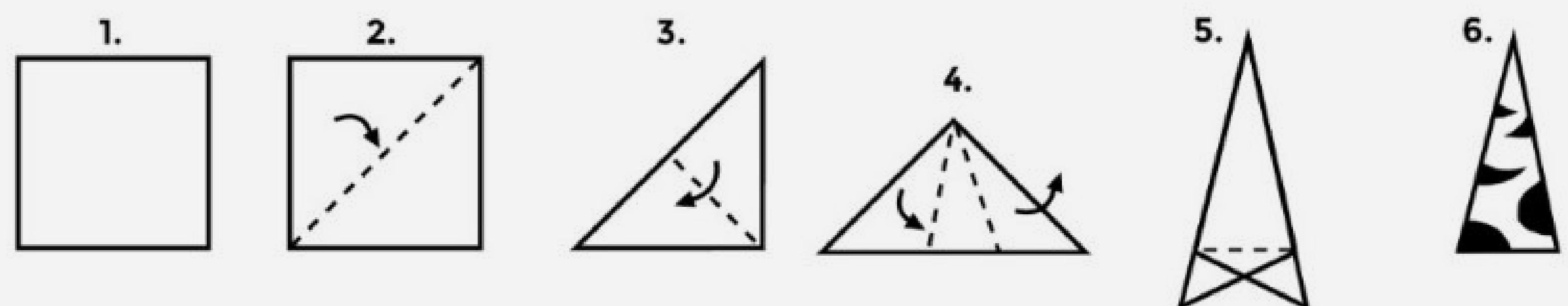
Drink one full glass of water when you wake up each morning this week!



### STRONG MINDS

Make a paper snowflake or draw a winter picture

*How to make a paper snowflake:*



### HEALTHY HABITS

Set a goal for the rest of the Winter Wellness Cup by thinking critically and answering a few prompts!



### UNIFIED CHAMPION SCHOOLS (UCS)

Attend virtual team meetings with your Unified Team to set goals for the Winter Wellness Cup and UCS Team Challenges!



### RESOURCE FAIR

Attend the virtual Workshops "Dancing to The Beat" and "Bringing out the Artist in Me"



### HOW TO SUBMIT YOUR SCORES:

**1** In person:  
Submit this PDF to your coach or program coordinator each week

**2** Online:  
Visit our website at [SOWAVirtualGames.org](https://SOWAVirtualGames.org) to upload this PDF

**3** Mail to:  
Special Olympics Washington  
C/O: Winter Wellness Cup  
2815 2nd Ave, Suite #370  
Seattle, WA 98121





# TRACKER

## WEEK 1

JAN 18 - JAN 24

Check the boxes below  
for each activity you  
complete!

First Name:

Last Name:

Team Name:

Phone:

Email:

**FITNESS**

**5k Walk/Run/Roll**  
*(500 points awarded)*

☐

Total Points:


**NUTRITION**

**Daily Healthy Snack**

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*Each Snack is worth 100 points (max 500)*

Total Points:

**HYDRATION**

**Daily Glass of Water**

☐☐☐☐☐

*Each Glass of Water is worth 20 points (max 100)*

Total Points:

**STRONG MINDS**

**Paper Snowflake or Winter Drawing**

☐

*(50 points awarded)*

Total Points:


**UNIFIED CHAMPION SCHOOLS (UCS)**

**Attended Unified Team Meeting**

☐

*(50 TEAM points awarded)*

*Educators and Coaches will submit scores on behalf of the entire team*

**HEALTHY HABITS**

My personal health goal is...

To reach my goal, I will...

I will reach my goal when...

*(50 points for answering all 3 questions)*

Total Points:

**RESOURCE FAIR**

**Attended Workshops**

☐☐

*(30 bonus points for each workshop you attend)*

*SOWA will automatically update leaderboard with bonus points based on Resource Fair attendance*

At the end of the week, add up and record your total score! Then, submit this PDF to your coach, online at [SOWAVirtualGames.org](https://SOWAVirtualGames.org) or by mail.

Total Weekly Score: