



Winter Wellness Cup

WEEK 2 JAN 25 - JAN 31



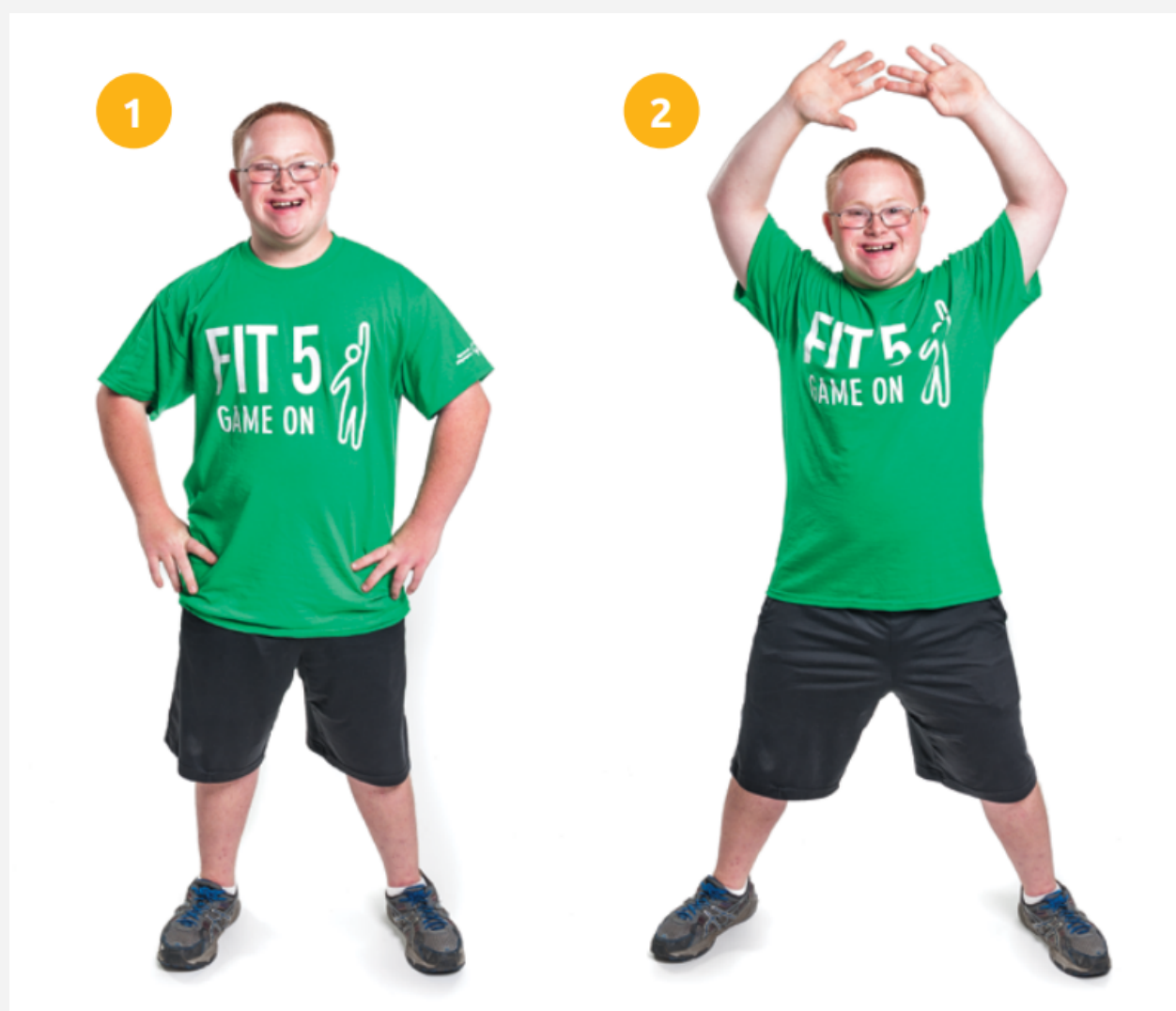
Read the instructions below and then track your progress on the next page as you complete each category!



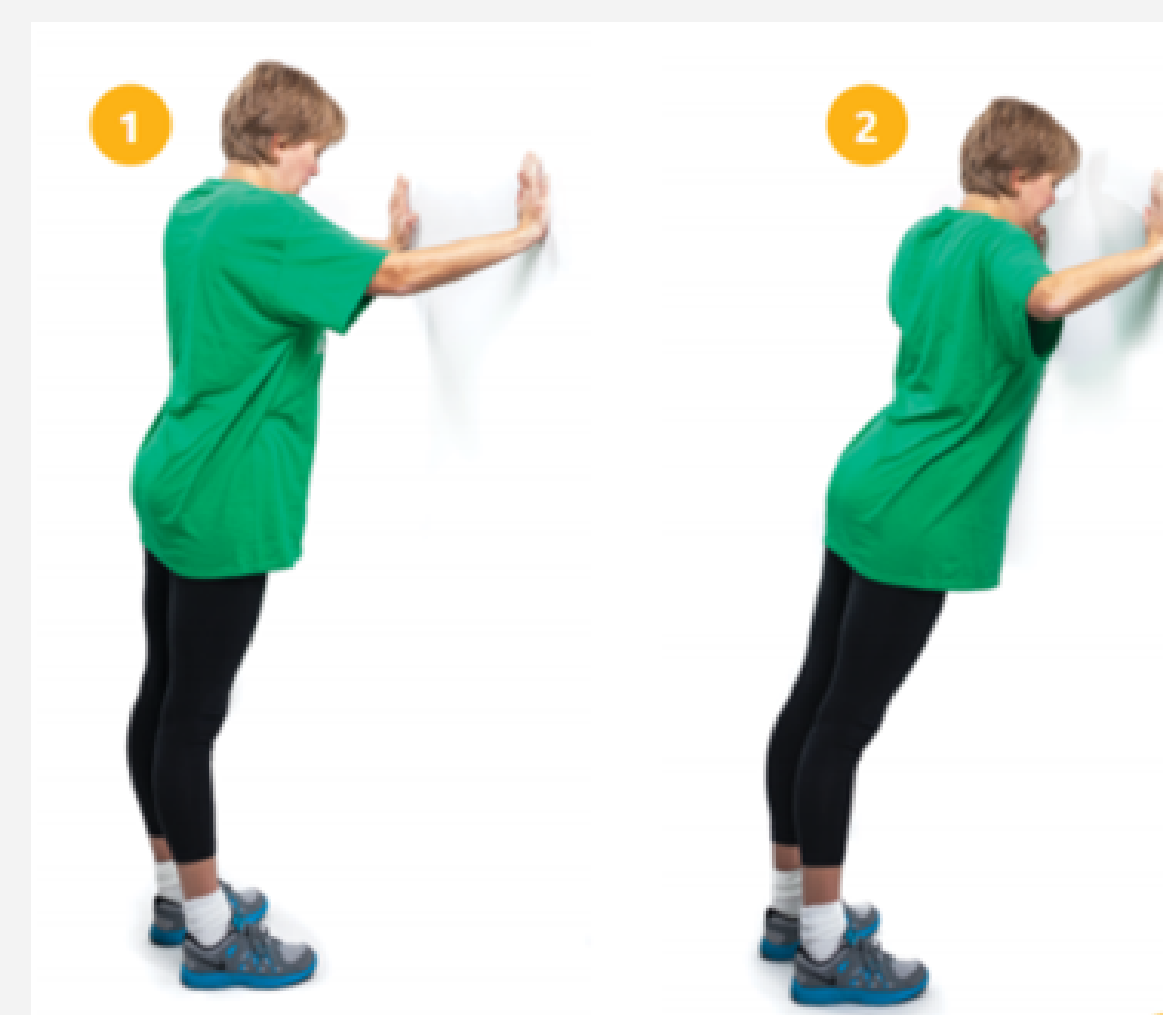
FITNESS

Workout every day! Do 3 sets of each of the following 3 exercises.

- 1** 25 Jumping Jacks
(modifications: seated jacks)



- 2** 25 Pushups
(modifications: knee pushups or wall pushups)



- 3** 25 Chair Squats
(modifications: sit to stand)



NUTRITION

Eat red, white and blue fruits or veggies every day!

Red:

- Red apple
- Tomato
- Strawberries

White (or Yellow):

- Banana
- Coconut
- Potato

Blue:

- Blueberries
- Eggplant
- Beets



HYDRATION

Drink five full bottles of water every day this week!

Your bottle should be 16-20oz or 500-600ml



STRONG MINDS

Stay off screens for at least 1 hour per day!



HEALTHY HABITS

Get 8 full hours of sleep each night!



UNIFIED CHAMPION SCHOOLS (UCS)

Complete the Virtual Inclusion Tile Activity with your Unified Team!

Resources: Inclusion Tiles Facilitator's Guide and Student Inclusion Tile Game.



RESOURCE FAIR

Attend the virtual Workshops "TASTE TEST TUESDAY WITH GARRETT" and "FUN FITNESS WITH FRIENDS"



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

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



TRACKER

WEEK 2

JAN 25 - JAN 31

Check the boxes below for each activity you complete!


First Name:

Last Name:

Team Name:

Phone:

Email:




FITNESS

Daily Workout

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Each completed daily workout = 100 points (max 500)

Total Points:




NUTRITION

Daily Fruits/Veggies

☐☐☐☐☐

Each completed day= 100 points (max 500)

Total Points:




HYDRATION

Daily 5 Glasses of Water

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Each completed day = 20 points (max 100)

Total Points:



STRONG MINDS

Daily Hour Off Screens

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Each completed day = 10 points (max 50)

Total Points:




UNIFIED CHAMPION SCHOOLS (UCS)

Complete the Inclusion Tile Activity

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(50 TEAM points awarded)

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



HEALTHY HABITS

Daily 8 hours of Sleep

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Each completed day = 10 points (max 50)

Total Points:



RESOURCE FAIR

Attended Workshops

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(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 or by mail.

Total Weekly Score: