



Winter Wellness Cup

WEEK 3 FEB 1 - 7



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

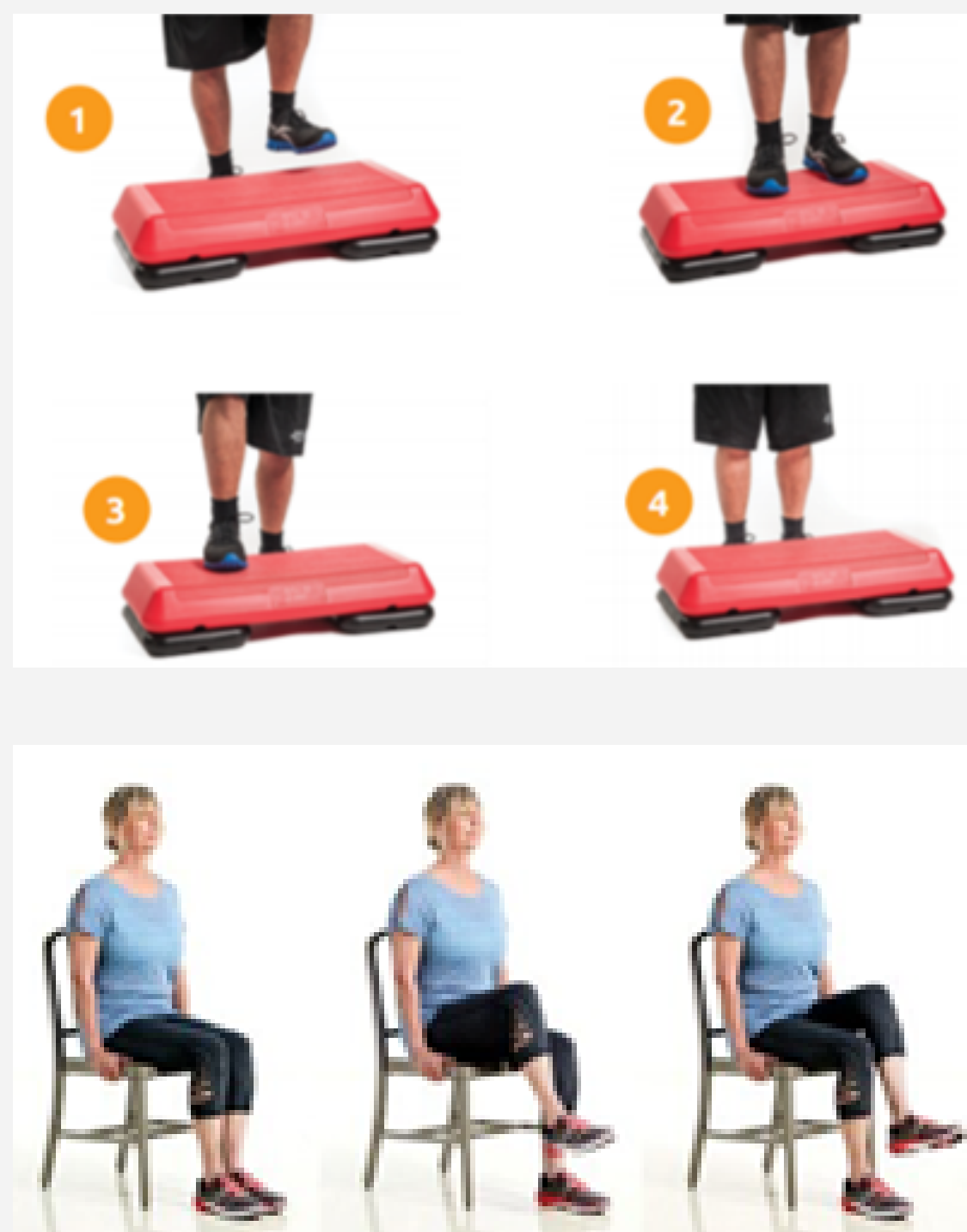


FITNESS Workout every day!

Do 3 sets of each of the following 4 exercises.

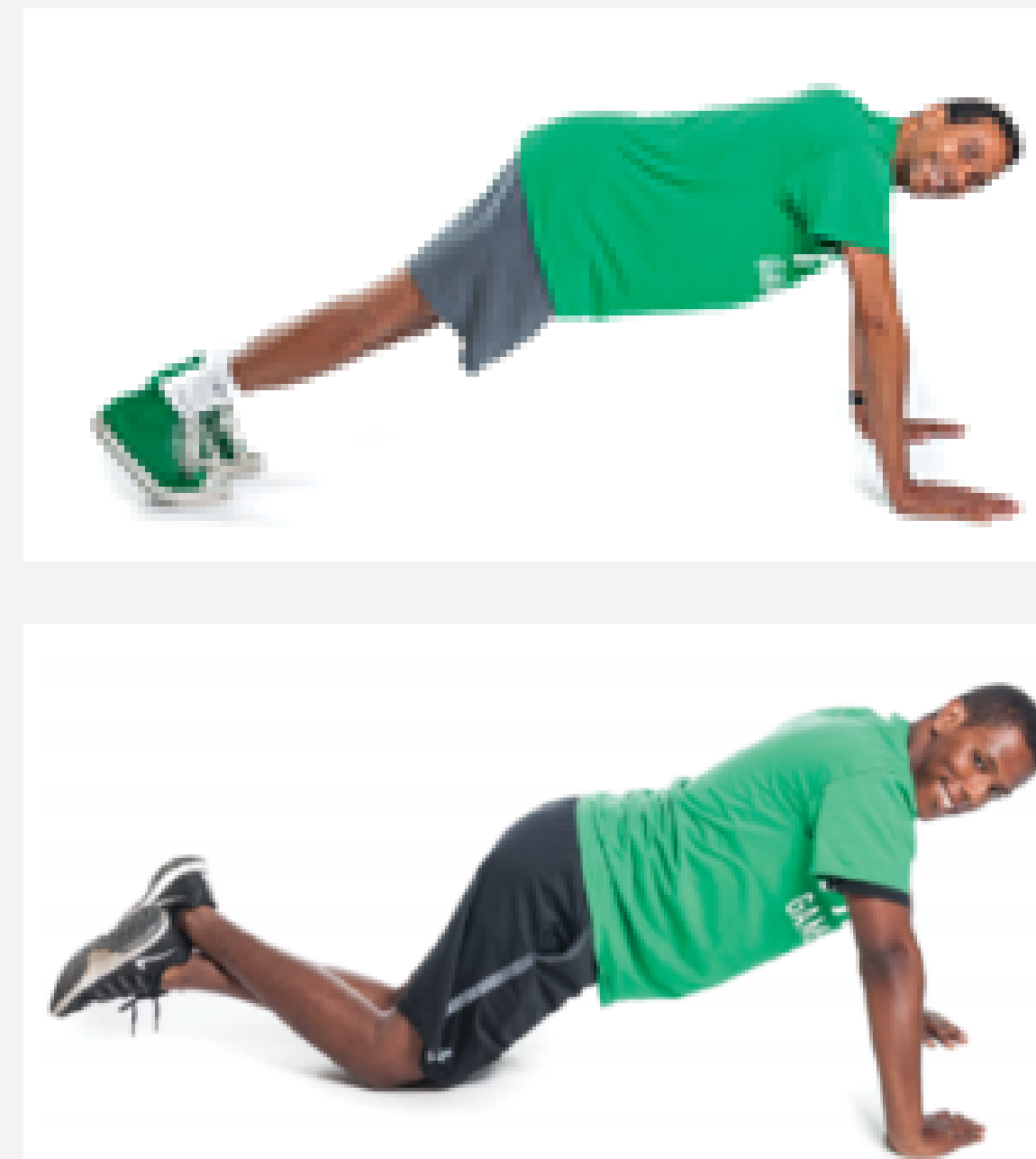
1

**Step Ups
or Chair
Marching**
(60 seconds)



2

**Plank Hold
or Plank
from Knees**
(60 seconds)



3

Curl Ups
(60 seconds)



4

Side Hops
(60 seconds)



NUTRITION

Avoid candy and refined sugars!

Refined sugar is linked to conditions like obesity, type 2 diabetes and heart disease. Refined sugar is often found in packaged sweets and added to foods and beverages to improve taste.



HYDRATION

**Make infused water
with fruit and herbs!**

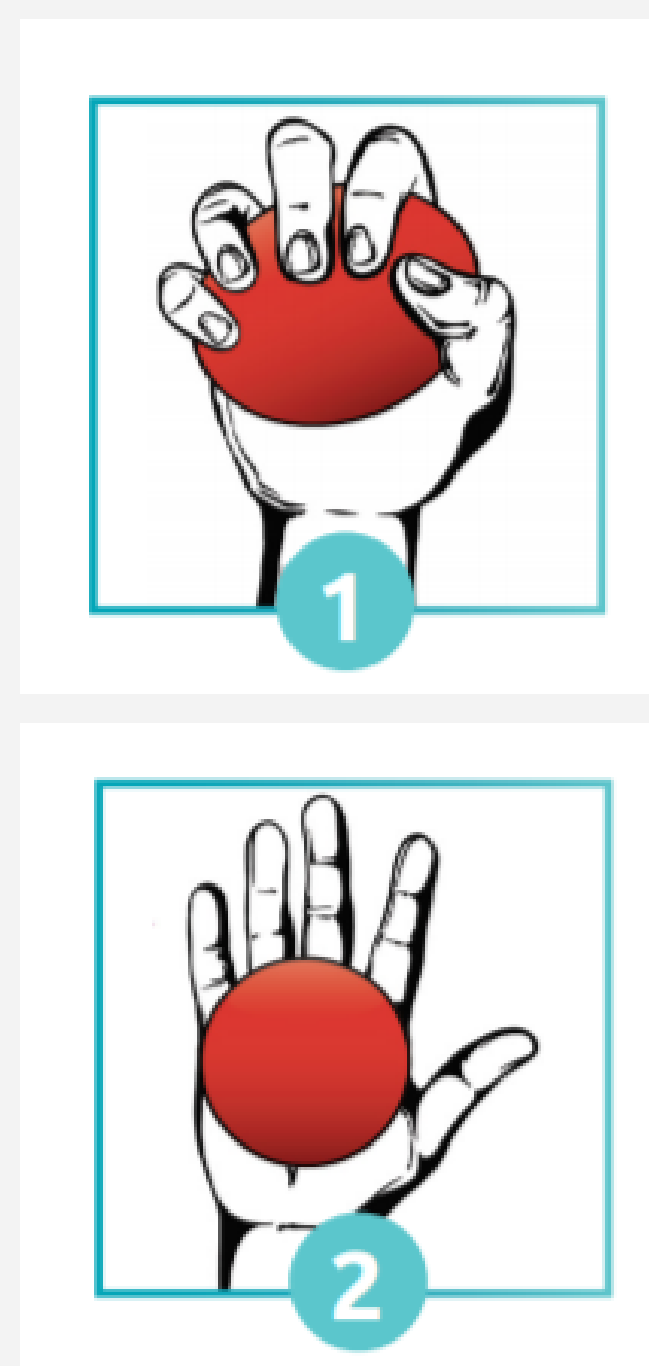
Ideas for Combinations:

- Cucumber & mint
- Orange & blueberry
- Strawberry & basil
- Lemon & lime



STRONG MINDS

**Use a stress ball
for 5 minutes
every day!**



HEALTHY HABITS

**Call 5 friends or
family members
this week!**



UNIFIED CHAMPION SCHOOLS (UCS)

**Create a Virtual School
Polar Plunge Team!**

Then, register your TEAM [here!](#)



RESOURCE FAIR

Attend the virtual Workshops “Mindfulness: How to Cope with Stress” and “Interactive Game Night”



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 3

FEB 1 - 7

Check the boxes below for each activity you complete!

First Name:

Last Name:

Team Name:

Phone:

Email:

FITNESS

Daily Workout
Each completed daily workout = 100 points (max 500)

☐☐☐☐☐

Total Points:

NUTRITION

Daily NO Refined Sugar
Each completed day = 100 points (max 500)

☐☐☐☐☐

Total Points:

HYDRATION

Make Infused Water
Completed Task = 100 points

☐

Total Points:

STRONG MINDS

Daily Stress Ball
Each completed day = 10 points (max 50)

☐☐☐☐☐

Total Points:

UNIFIED CHAMPION SCHOOLS (UCS)

Create a Virtual School Polar Plunge team
(100 TEAM points awarded)

☐

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

HEALTHY HABITS

Call 5 Friends or Family Members
Each completed call = 10 points (max 50)

☐☐☐☐☐

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 or by mail.

Total Weekly Score: