



# Winter Wellness Cup

## WEEK 4 FEB 8 - 14



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

**Air boxing or Seated Punches**  
(3 minutes)



2

**10 Back Lunges or March & Swing Arms**



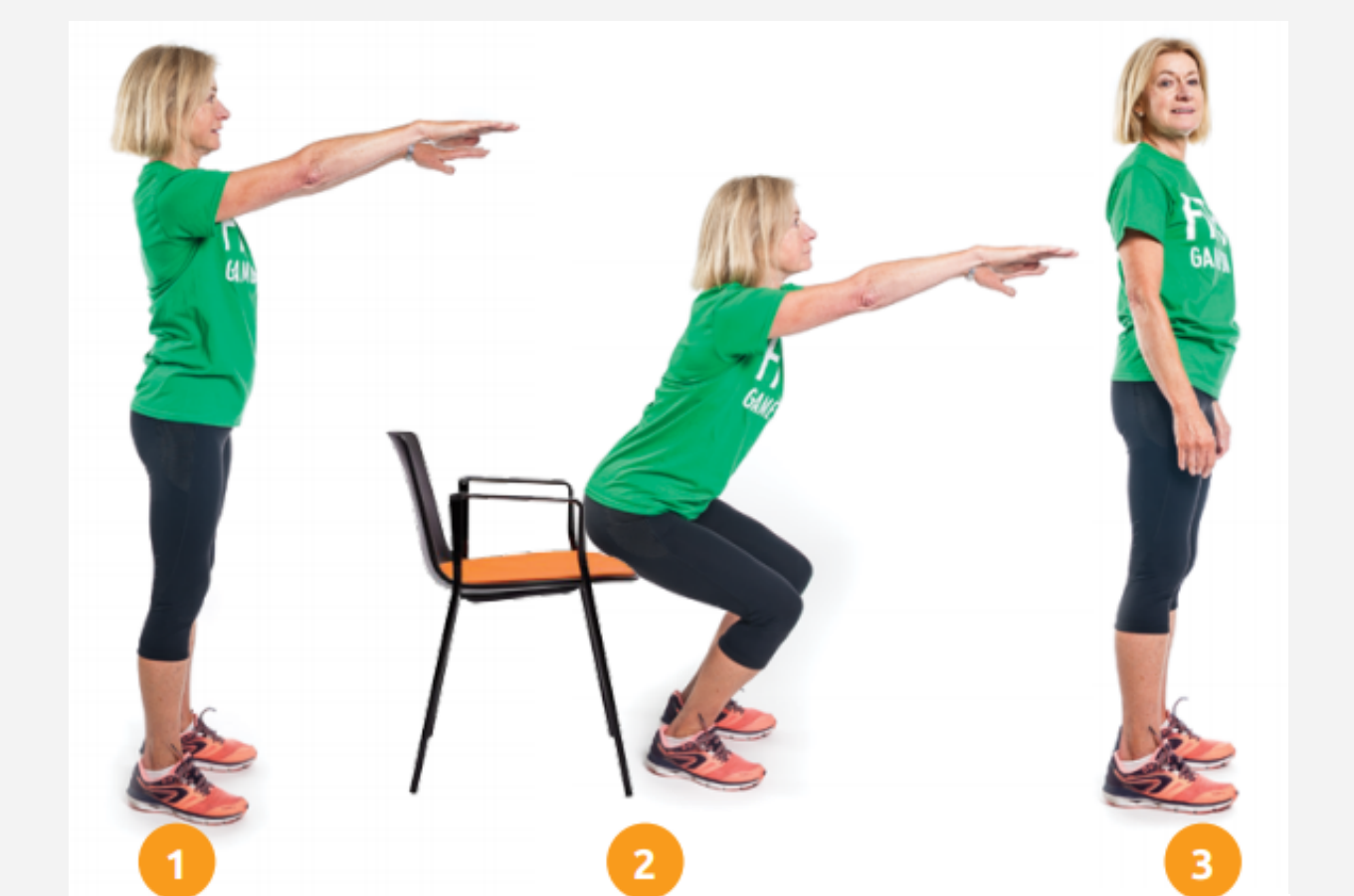
3

**Frog Jumps**  
(30 seconds)



4

**Chair Squats**  
(30 seconds)



### NUTRITION

**Eat one of your favorite healthy foods every day!**

*Start by making a list of 10 healthy foods that you love, and then choose five to prepare and eat each day this week!*



### HYDRATION

**Decorate your water bottle and drink 5 bottles every day!**

*Tools & ideas for decorating:*

- Non-Toxic acrylic paint
- Cut & paste magazine pictures
- Washi or Duct tape
- Metallic paint markers



### STRONG MINDS

**Complete a puzzle, word search or other mind game!**



### HEALTHY HABITS

**Make your bed and brush your teeth!**

*Make sure to brush for two full minutes, TWICE a day.*



### UNIFIED CHAMPION SCHOOLS (UCS)

**Watch and discuss one of the 'Moment Series' videos with your team!**



### RESOURCE FAIR

Attend the virtual Workshop "Fitness Goal Setting"



### 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)

3

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





# TRACKER

## WEEK 4

FEB 8 - 14

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 Healthy Food**

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*Each completed day = 100 points (max 500)*

*Total Points:*

**HYDRATION**

**Daily 5 Bottles of Water**

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*Each completed day = 20 points (max 100)*

*Total Points:*

**STRONG MINDS**

**Complete a Puzzle**

☐

*Completed Task = 50 points*

*Total Points:*

**UNIFIED CHAMPION SCHOOLS (UCS)**

**Watch and Discuss 'Moment Series' Video**

☐

*(50 TEAM points awarded)*

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

**HEALTHY HABITS**

**Make Bed and Brush Teeth (x2) Every Day**

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*Each completed day = 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](https://SOWAVirtualGames.org) or by mail.

*Total Weekly Score:*