



# Winter Wellness Cup

## WEEK 5 FEB 15 - 21



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



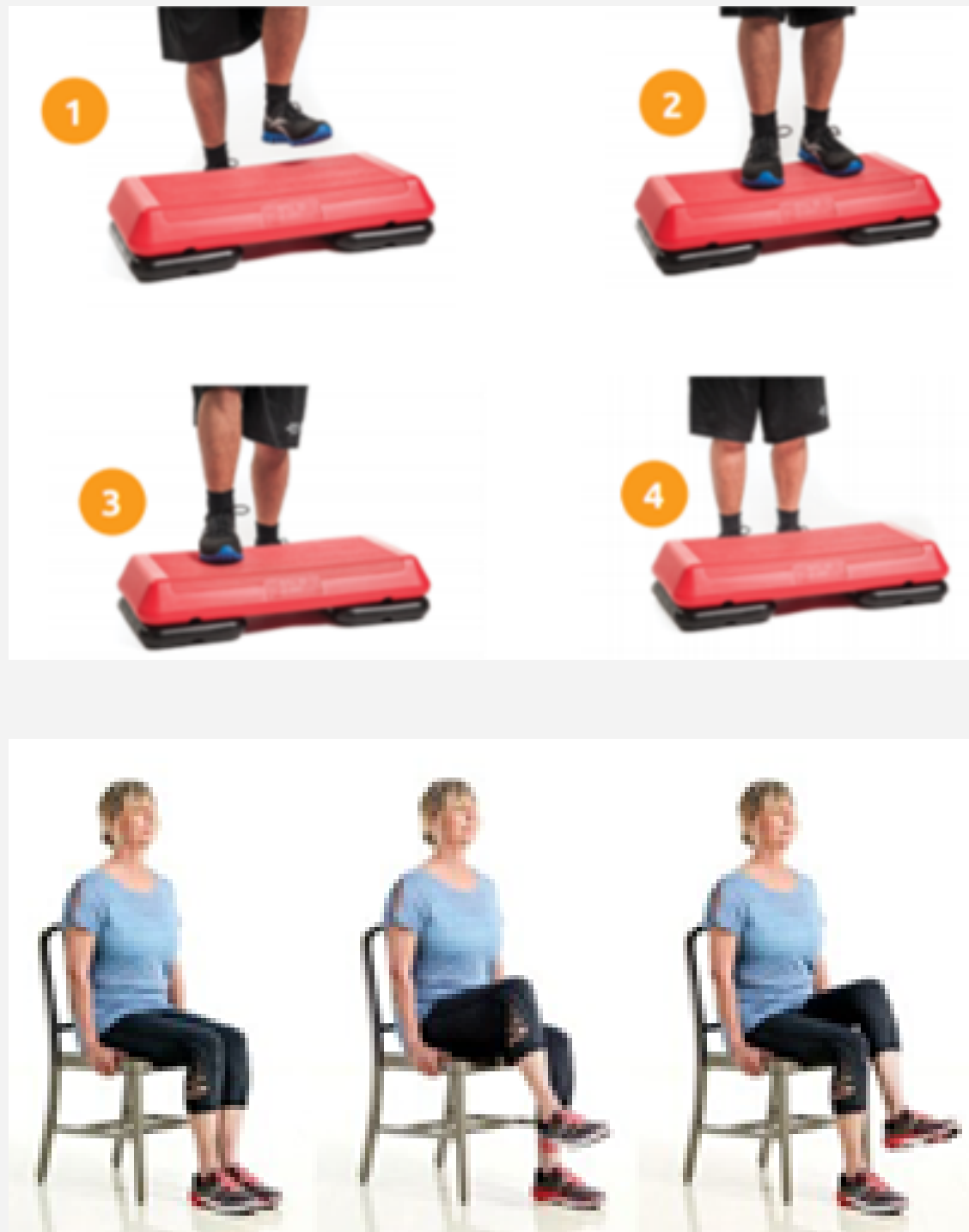
### FITNESS Workout every day!

Do 3 sets of each of the following 3 exercises.

1

#### Climb 120 Stairs

OR: 3 mins Step Ups or Chair Marching



2

#### 20 Stair Push Ups

OR: Knee or Wall Push Ups



3

#### 30 Seconds Side Hops

OR: Hop in Place or Hop Front-to-Back



### NUTRITION

Eat two servings of fruit each day!



### HYDRATION

Avoid soda & energy drinks all week!



### STRONG MINDS

Draw a picture of your favorite animal!



### HEALTHY HABITS

Do 15 minutes of deep stretching every day!



### UNIFIED CHAMPION SCHOOLS (UCS)

50% of team completes section 1 and section 2 modules and exit tickets of 'Foundational Inclusion Youth Leadership Digital Training.'



### RESOURCE FAIR

Attend the virtual Workshops "Exercise and Hydration Demonstration" and "Paint a Pet"



### 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 5

FEB 15 - 21

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 Fruit (x2)**  
*Each completed day = 100 points (max 500)*

☐☐☐☐☐

Total Points:

**HYDRATION**

**Avoid Soda/Energy Drinks**  
*Each completed day = 20 points (max 100)*

☐☐☐☐☐

Total Points:

**STRONG MINDS**

**Draw Animal Picture**  
*Completed Task = 50 points*

☐

Total Points:

**UNIFIED CHAMPION SCHOOLS (UCS)**

**Team Completes Youth Leadership Digital Training**  
*(100 TEAM points awarded)*

☐

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

**HEALTHY HABITS**

**Daily Deep Stretching**  
*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: