



Winter Wellness Cup

WEEK 7 MAR 1 - 7



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



FITNESS

Watch your favorite movie or TV show. Do 5 jumping jacks every time someone says the word "and".

(OR: You can do Seated Jacks!)



HYDRATION

Avoid sugary beverages for the whole week!

Sugary beverages include: soda, energy drinks, sports drinks, sweetened coffee drinks, chocolate milk and sweetened fruit juices.



NUTRITION

Make this healthy popcorn recipe & watch a movie!

Popcorn is a great source of whole grains and fiber! (Make a healthy snack if you don't have popcorn)

Healthy Popcorn Recipe:

- Put 3 big TBSP of popcorn kernels in a brown paper bag
- Fold over the top of the bag 2-3 times
- Place bag in microwave
- Set microwave for 1 minute and 35 seconds and press start
- Pour the popcorn into a bowl
- Drizzle 1/2 TBSP olive or canola oil over the popcorn and season with salt as desired!



STRONG MINDS

Write down two things you love about yourself every day!



HEALTHY HABITS

Make a healthy breakfast every morning!

- Whole grain toast & avocado
- Low-fat yogurt with fruit
- Hard boiled eggs
- Rice cake with nut butter
- Oatmeal with fruit and nuts



UNIFIED CHAMPION SCHOOLS (UCS)

50% of team completes section 3 and section 4 modules and exit tickets of Foundational Inclusion Youth Leadership Digital Training.



RESOURCE FAIR

Attend the virtual Workshops "Nutrition Education #1" and "Nutrition Education #2"



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 7

MAR 1 - 7

Check the boxes below for each activity you complete!

First Name:

Last Name:

Team Name:

Phone:

Email:

	FITNESS	Movie Night “And” Jumping Jacks <i>Completed task = 500 points</i>	<input type="checkbox"/>	<i>Total Points:</i> <input type="text"/>
	NUTRITION	Make Popcorn (or Healthy Snack) <i>Completed task = 500 points</i>	<input type="checkbox"/>	<i>Total Points:</i> <input type="text"/>
	HYDRATION	Avoid Sugary Beverages <i>Each completed day = 20 points (max 100)</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<i>Total Points:</i> <input type="text"/>
	STRONG MINDS	Daily Affirmations (x2) <i>Each completed day = 10 points (max 50)</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<i>Total Points:</i> <input type="text"/>
	UNIFIED CHAMPION SCHOOLS (UCS)	Team Finishes Youth Leadership Digital Training <i>(100 TEAM points awarded)</i>	<input type="checkbox"/>	<i>Educators and Coaches will submit scores on behalf of the entire team</i>
	HEALTHY HABITS	Daily Healthy Breakfast <i>Each completed day = 10 points (max 50)</i>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<i>Total Points:</i> <input type="text"/>
	RESOURCE FAIR	Attended Workshops <i>(30 bonus points for each workshop you attend)</i>	<input type="checkbox"/> <input type="checkbox"/>	<i>SOWA will automatically update leaderboard with bonus points based on Resource Fair attendance</i>

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: