

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

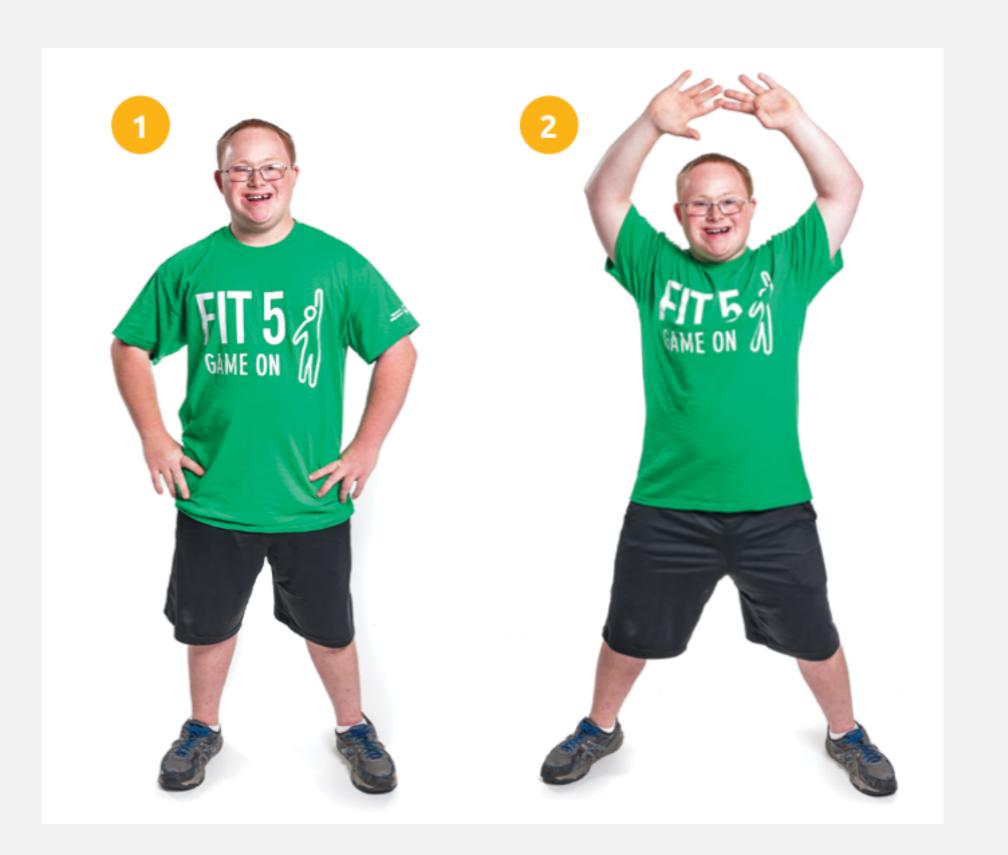




FITNESS

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

(OR: You can do Seated Jacks!)





Avoid sugary beverages for the whole week!

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



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!



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:



In person: Submit this PDF to your coach or program coordinator each week



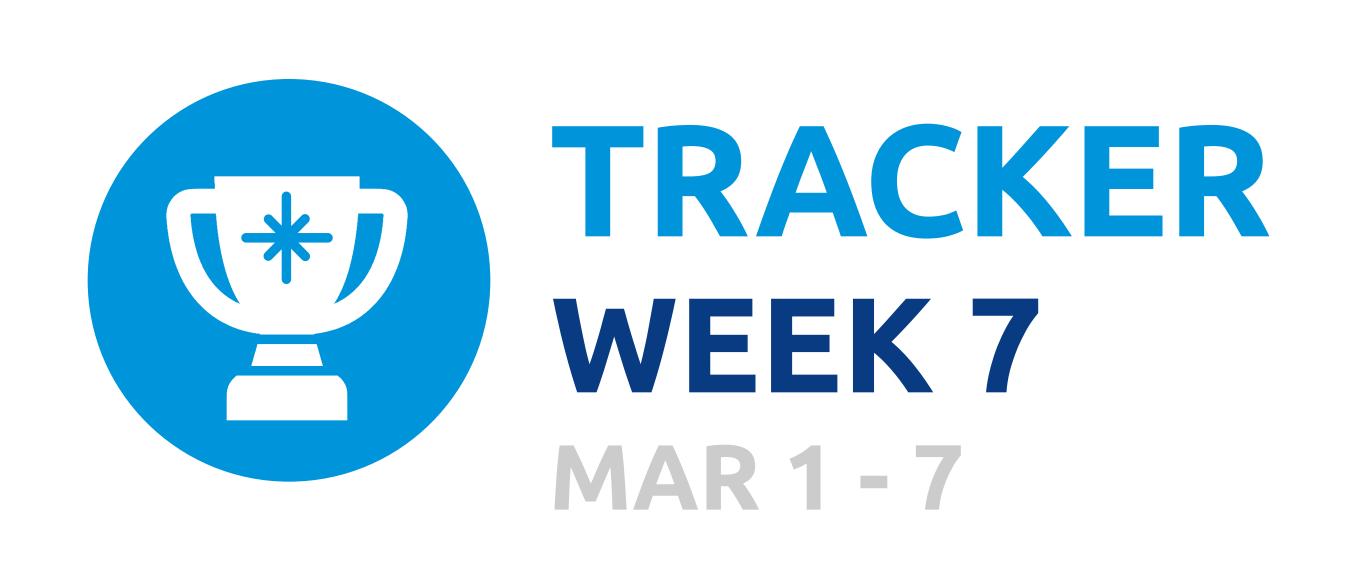
Online:
Visit our website at

SOWAVirtualGames.org



Mail to: Special Olympics Washington C/O: Winter Wellness Cup

C/O: Winter Wellness Cup 2815 2nd Ave, Suite #370 Seattle, WA 98121



Check the boxes below for each activity you complete!

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TNESS

Movie Night "And" Jumping Jacks

First Name:

Completed task = 500 points

Total Polits.

Total Points



NUTRITION

Make Popcorn (or Healthy Snack)

Completed task = 500 points

Total Points:



HYDRATION

Avoid Sugary Beverages

Each completed day = 20 points (max 100)



STRONG

Daily Affirmations (x2)

Each completed day = 10 points (max 50)

Total Points:



UNIFIED **CHAMPION** SCHOOLS (UCS) Team Finishes Youth Leadership Digital Training

(100 TEAM points awarded)

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

Daily Healthy Breakfast

Each completed day = 10 points (max 50)

Total Points



RESOURCE Attended Workshops
FAIR

(30 bonus points for each 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:		