



Winter Wellness Cup

WEEK 8 MAR 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 the following 3 exercises each day.

1

Stretching
(15 minutes)



2

20
Curl Ups
(Do 3 sets)



3

Walk, Run
or Roll
(20 minutes)



NUTRITION

Eat one purple, one orange and one green vegetable!

Purple:

- Eggplant
- Beets

Orange:

- Squash
- Carrots

Green:

- Green Beans
- Broccoli



HYDRATION

Drink five full bottles of water every day this week!

Your bottle should be 16-20oz or 500-600ml



HEALTHY HABITS

Keep a food diary for one week!

A food diary can help you understand your eating habits, identify what foods give you the most energy and what foods do not.



STRONG MINDS

Write down one thing you are thankful for every day!



UNIFIED CHAMPION SCHOOLS (UCS)

Record a video with your team about your success & the impact of the Winter Wellness Cup. Send your team video to your district league play coordinator.



RESOURCE FAIR

Attend the virtual Workshops "Dancing to the Beat" and "Bringing out the Artist in Me"



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 8

MAR 8 - 14

First Name:

Last Name:

Team Name:

Phone:

Email:

Check the boxes below for each activity you complete!



FITNESS

Daily Workout

Each completed daily workout = 100 points (max 500)

Total Points:



NUTRITION

Eat Colorful Vegetables

Completed Task = 500 points

Total Points:



HYDRATION

Daily 5 Bottles of Water

Each completed day = 20 points (max 100)

Total Points:



STRONG MINDS

Daily Gratitude Journal

Each completed day = 10 points (max 50)

Total Points:



UNIFIED CHAMPION SCHOOLS (UCS)

Team Records Video About Winter Wellness Cup

(200 TEAM points awarded)

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



HEALTHY HABITS

Daily Food Diary

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 or by mail.

Total Weekly Score: