

#SONAMove Challenge Tracker

Name:
Special Olympics Program:

STEP 1: CHOOSE HOW YOU'LL MOVE!

STEP 2: WRITE THE NUMBER OF MINUTES YOU EXERCISE EACH DAY ON THE CALENDAR.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1: Sept. 13 - 19	13	14	15	16	17	18	19	
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min
Week 2: Sept. 20 - 26	20	21	22	23	24	25	26	
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min
Week 3: Sept. 27 - Oct. 3	27	28	29	30	1	2	3	
	_____min	_____min	_____min.	_____min	_____min.	_____min.	_____min.	_____min
Week 4: Oct. 4 - 10	4	5	6	7	8	9	10	
	_____min	_____min	_____min	_____min	_____min.	_____min.	_____min.	_____min

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 5: Oct. 11 - 17	11	12	13	14	15	16	17	
	_____min.	_____min.	_____min.	_____min.	_____min.	_____min	_____min	_____min
Week 6: Oct. 18 - 24	18	19	20	21	22	23	24	
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min
Week 7: Oct. 25 - 31	25	26	27	28	29	30	31	
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min
Week 8: Nov. 1 - 7	1	2	3	4	5	6	7	
	_____min	_____min	_____min	_____min	_____min	_____min	_____min	_____min

STEP 3: ADD UP THE MINUTES YOU EXERCISED EACH WEEK AND PUT THE TOTAL HERE: _____ MINUTES.

STEP 4: SEND YOUR TRACKER TO YOUR SPECIAL OLYMPICS PROGRAM OFFICE AND [SONAMove@SPECIALOLYMPICS.ORG!](mailto:SONAMove@SPECIALOLYMPICS.ORG)

