

SEPTEMBER FITNESS CHALLENGE SCORESHEET



PARTICIPANT NAME: _____

COUNTY PROGRAM: _____

	SUN	MON	TUE	WED	THU	FRI	SAT
			9/1	9/2	9/3	9/4	9/5
30 MINUTES ACTIVE							
5 BOTTLES OF WATER							
	9/6	9/7	9/8	9/9	9/10	9/11	9/12
30 MINUTES ACTIVE							
5 BOTTLES OF WATER							
	9/13	9/14	9/15	9/16	9/17	9/18	9/19
30 MINUTES ACTIVE							
5 BOTTLES OF WATER							
	9/20	9/21	9/22	9/23	9/24	9/25	9/26
30 MINUTES ACTIVE							
5 BOTTLES OF WATER							
	9/27	9/28	9/29	9/30			TOTAL SCORE 0
30 MINUTES ACTIVE							
5 BOTTLES OF WATER							

- CHALLENGES** For each day in September, athletes and Unified partners have 2 challenges.
1. Be active for 30 minutes each day.
***The particular sport or fitness exercise is up to you, but selected exercises should raise the heart rate.
 2. Drink 5 bottles of water each day.

- SCORING**
- A. Place an "X" in each box when you achieve that challenge for the day.
 - B. Each box = 1 point. Maximum of 2 points per day.
 - C. A perfect score is 60 points.

BONUS POINTS Earn 10 bonus points for participating in the Lilly 1,000 Mile Challenge. Small fee applies.
Contact Scott Furnish at sfurnish@soindiana.org for more information and to register.

AWARDS	GOLD MEDAL	50 points or more
	SILVER MEDAL	40 - 49 points
	BRONZE MEDAL	30 - 39 points
	4th PLACE RIBBON	20 - 29 points
	5th PLACE RIBBON	10 - 19 points

The State Office will mail awards to the County Coordinator by the end of October.

DEADLINE Monday, October 12 by 5:00 PM Eastern.

SUBMITTING RESULTS

- OPTION 1 E-FORM: After September 30, submit results via e-form found at www.soindiana.org/hope.
- OPTION 2 SMARTPHONE APP: Use Special Olympics' new fitness app (SO FitNow) to track progress and submit scores.
Contact Itzel Graber at igraber@soindiana.org to register and create your FitNow account.
- OPTION 3 EMAIL: Submit scoresheets by email to entries@soindiana.org.