

# 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			
30 MINUTES ACTIVE							<b>TOTAL SCORE</b> <b>0</b>
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](mailto: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](http://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](mailto:igraber@soindiana.org) to register and create your FitNow account.
- OPTION 3 EMAIL: Submit scoresheets by email to [entries@soindiana.org](mailto:entries@soindiana.org).