

FOCUS ON FITNESS EVERY WEEK

This tracker can help you reach your fitness goals! Fitness works best when you eat healthy and stay active most days each week. Your goal is to eat healthy every day and do the exercise videos 5 days per week. Use this tracker to set fitness goals and stick to them.

FITNESS IS FUN

Fitness is good for your body! It feels amazing to hit your goals, especially when they're tough. Want more of a challenge? For a harder workout, watch each video more than one time in a session.

FITNESS IS FOR LIFE

It's never too late to start exercising or to jump back in. This fitness tracker can help. Once you finish this tracker, start planning your next week of exercise using a fresh tracker.

Fill in the tracker each day with the video you worked out to and how many times you did it.

Always start by warming up to **Video 1: Welcome and Warm-Up**.

I did video 3
2 times today

Share your fitness journey with us! Post pictures of your tracker on Twitter or Instagram. Don't forget to tag us! @SpecialOlympics #InclusiveHealth.










































Week 1: Video 2

Week 2: Video 2 & 3

Week 3: Video 3 & 4

Week 4: Video 2 & 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Workout I did video _____, _____ times today. <i>Tip: Remember to warm up with Video 1 before every workout!</i>	 Workout I did video _____, _____ times today. <i>Tip: Focus on form. Follow the athletes in the videos. It's OK to pause or rewind to make sure you're doing the exercises correctly.</i>	 Rest Day <i>Tip: Exercise is important, but so is letting your body recover. Try to train 5 days a week, and rest for 2.</i>	 Workout I did video _____, _____ times today. 	 Workout I did video _____, _____ times today. <i>Tip: Stay hydrated! Pause the video whenever you're thirsty to grab a sip of water.</i>	 Rest Day <i>Tip: If you love crunchy snacks, try carrots or celery with hummus for a healthy, filling treat.</i>	 Workout I did video _____, _____ times today. 
 Workout I did video _____, _____ times today. <i>Tip: Remember to warm up with Video 1 before every workout!</i>	 Workout I did video _____, _____ times today. 	 Rest Day <i>Tip: Great job on making it to week 2! Don't forget to cool down with stretches after working out.</i>	 Workout I did video _____, _____ times today. <i>Tip: Working out is more fun with a buddy. Ask a friend to do the videos with you.</i>	 Workout I did video _____, _____ times today. 	 Rest Day <i>Tip: Nutrition is an important part of strength. Eating healthy food, like fresh fruits and vegetables, helps your body grow strong.</i>	 Workout I did video _____, _____ times today. 
 Workout I did video _____, _____ times today. <i>Tip: Remember to warm up with Video 1 before every workout!</i>	 Workout I did video _____, _____ times today. 	 Rest Day <i>Tip: Refresh with water during and after your workout, instead of a sports drink. You'll get hydrated without all the added sugar!</i>	 Workout I did video _____, _____ times today. 	 Workout I did video _____, _____ times today. <i>Tip: Everyday activity can be considered exercise, like short walks or taking the stairs. Walking, jogging, or riding a bike are all good ways to stay moving.</i>	 Rest Day <i>Tip: Protein doesn't just come from meat. Beans, peas, nuts, seeds, and eggs are all good sources of protein.</i>	 Workout I did video _____, _____ times today. 
 Workout I did video _____, _____ times today. <i>Tip: Remember to warm up with Video 1 before every workout!</i>	 Workout I did video _____, _____ times today. 	 Rest Day <i>Tip: Are you sore from training? Warm up before your workout, then cool down with stretches after to help prevent soreness.</i>	 Workout I did video _____, _____ times today. 	 Workout I did video _____, _____ times today. 	 Rest Day <i>Tip: Don't rush when you eat! Take your time and listen to your body. Stop eating when you're full.</i>	 Workout I did video _____, _____ times today. Congrats on finishing your tracker! Time to start a new one for the next 4 weeks.