

Summer Games Sports & Fitness Challenge

How to Fill Out Activity Tracker



Instructions (Printed Version)

1. Fill in participant name and County Program at top of EACH page.
2. For each day that you complete an activity, mark an "X" under that day's column. Do this for both the Sports & Fitness category and the Health & Well-being category.
3. For example, if you complete the daily goal for situps, mark an "X" in the row for situps under the day you completed the activity. If you complete the daily goal for drinking bottles of water, mark an "X" on that row under the day you completed that activity.
4. If you meet the daily goal (3 Sports & Fitness activities; 2 Health & Well-being activities), mark an "X" on the line for daily goal under the day the goal was completed.
5. It is possible to meet the daily goal for Sports & Fitness, but not for Health & Well-being. It is also possible to meet the daily goal for Health & Well-being, but not for Sports & Fitness. You do not need to complete both categories to earn points each day, although you are highly encouraged to do so.
6. At the end of each week, submit your progress to your County Coordinator.

Instructions (Excel Version)

1. Save the Excel file to your computer with a file name such as "Activity Tracker - Participant Name."
2. Type in the participant name and select your County Program from the dropdown menu on each page.
3. See above Instructions (Printed Version) #2 through #5.
4. Remember to save your Excel file regularly.
5. At the end of each week, email your Excel file to your County Coordinator.

Tips & Reminders

1. Don't forget to go through your usual warm-up and cooldown routines prior to these activities.
2. Get creative. If you don't have a ball for the throwing activities, try using a pair of balled up socks. If you don't have a long tape measure, you can step off the distances. 1 meter = 1 big step. Use the equipment you have at your disposal.
3. You don't have to complete every part of an activity at one time. For example, to satisfy 5 squats, you could do 3 squats in the morning and 2 squats at night.
4. You do not have to complete the same activities each day. You may choose to complete any of the activities in the level that you are participating.
5. Your selected Sports & Fitness activities should take less than 30 minutes per day.

Summer Games Sports & Fitness Challenge

First Half: Level 1/M Activity Tracker



Participant Name: _____

County Program: _____

Sports & Fitness: Complete any combination of 3 activities per day from the <i>Fit 5</i> or <i>Sports</i> section. Put a check mark under each day you complete an activity.	Week 1						
	6/13/20	6/14/20	6/15/20	6/16/20	6/17/20	6/18/20	6/19/20
Fit 5							
Bicep Curls (5 per arm)							
Overhead Press (5 per arm)							
Situps/Crunchs (5)							
Squats (5)							
Sports							
10-meter Walk/Roll (5)							
10-meter Wheelchair Slalom (5)							
10-minutes of Brisk Physical Activity (approved by County Coordinator)							
Ball Catch (10 attempts)							
Ball Throw - Accuracy (10 throws)							
Ball Throw - Distance (10 throws)							
Basketball - Dribbling (20 dribbles)							
Basketball - Shooting (10 attempts)							
Basketball - Wall Pass (10 passes)							
Bocce - Roll for Accuracy (10 rolls)							
Standing Long Jump (5 jumps)							
Volleyball - Bumping/Setting (10 bumps or sets)							
Daily Goal: Earn 10 points each day you complete 3 activities. Put a check mark under each day you meet the daily goal.							

Health & Wellbeing: Complete at least 2 activities per day. Put a check mark under each day you complete an activity.	Week 1						
	6/13/20	6/14/20	6/15/20	6/16/20	6/17/20	6/18/20	6/19/20
Drink Water (5 bottles)							
Eat Fruit & Vegetables (5 servings)							
Strong Minds: 10-minutes of Prayer, Meditation, Journaling or Listening to Positive Music							
Strong Minds: 10-minutes of Yoga, Stretching, or Flexibility exercises							
Daily Goal: Earn 5 points each day you complete 2 activities. Put a check mark under each day you meet the daily goal.							

Summer Games Sports & Fitness Challenge

First Half: Level 1/M Activity Tracker



Participant Name: _____

County Program: _____

Sports & Fitness: Complete any combination of 3 activities per day from the <i>Fit 5</i> or <i>Sports</i> section. Put a check mark under each day you complete an activity.	Week 2						
	6/20/20	6/21/20	6/22/20	6/23/20	6/24/20	6/25/20	6/26/20
Fit 5							
Bicep Curls (5 per arm)							
Overhead Press (5 per arm)							
Situps/Crunchs (5)							
Squats (5)							
Sports							
10-meter Walk/Roll (5)							
10-meter Wheelchair Slalom (5)							
10-minutes of Brisk Physical Activity (approved by County Coordinator)							
Ball Catch (10 attempts)							
Ball Throw - Accuracy (10 throws)							
Ball Throw - Distance (10 throws)							
Basketball - Dribbling (20 dribbles)							
Basketball - Shooting (10 attempts)							
Basketball - Wall Pass (10 passes)							
Bocce - Roll for Accuracy (10 rolls)							
Standing Long Jump (5 jumps)							
Volleyball - Bumping/Setting (10 bumps or sets)							
Daily Goal: Earn 10 points each day you complete 3 activities. Put a check mark under each day you meet the daily goal.							

Health & Wellbeing: Complete at least 2 activities per day. Put a check mark under each day you complete an activity.	Week 2						
	6/20/20	6/21/20	6/22/20	6/23/20	6/24/20	6/25/20	6/26/20
Drink Water (5 bottles)							
Eat Fruit & Vegetables (5 servings)							
Strong Minds: 10-minutes of Prayer, Meditation, Journaling or Listening to Positive Music							
Strong Minds: 10-minutes of Yoga, Stretching, or Flexibility exercises							
Daily Goal: Earn 5 points each day you complete 2 activities. Put a check mark under each day you meet the daily goal.							

Summer Games Sports & Fitness Challenge

First Half: Level 1/M Activity Tracker



Participant Name: _____

County Program: _____

	Week 3								
	6/27/20	6/28/20	6/29/20	6/30/20	7/1/20	7/2/20	7/3/20	7/4/20	7/5/20
Sports & Fitness: Complete any combination of 3 activities per day from the <i>Fit 5</i> or <i>Sports</i> section. Put a check mark under each day you complete an activity.									
Fit 5									
Bicep Curls (5 per arm)									
Overhead Press (5 per arm)									
Situps/Crunchs (5)									
Squats (5)									
Sports									
10-meter Walk/Roll (5)									
10-meter Wheelchair Slalom (5)									
10-minutes of Brisk Physical Activity (approved by County Coordinator)									
Ball Catch (10 attempts)									
Ball Throw - Accuracy (10 throws)									
Ball Throw - Distance (10 throws)									
Basketball - Dribbling (20 dribbles)									
Basketball - Shooting (10 attempts)									
Basketball - Wall Pass (10 passes)									
Bocce - Roll for Accuracy (10 rolls)									
Standing Long Jump (5 jumps)									
Volleyball - Bumping/Setting (10 bumps or sets)									
Daily Goal: Earn 10 points each day you complete 3 activities. Put a check mark under each day you meet the daily goal.									

	Week 3								
	6/27/20	6/28/20	6/29/20	6/30/20	7/1/20	7/2/20	7/3/20	7/4/20	7/5/20
Health & Wellbeing: Complete at least 2 activities per day. Put a check mark under each day you complete an activity.									
Drink Water (5 bottles)									
Eat Fruit & Vegetables (5 servings)									
Strong Minds: 10-minutes of Prayer, Meditation, Journaling or Listening to Positive Music									
Strong Minds: 10-minutes of Yoga, Stretching, or Flexibility exercises									
Daily Goal: Earn 5 points each day you complete 2 activities. Put a check mark under each day you meet the daily goal.									