

October 13, 2026

Counting Fitness Through Tracking and Evaluation: One Step at a Time

October 2026 Healthy Communities Webinar

Special Olympics Fitness and Research and Evaluation

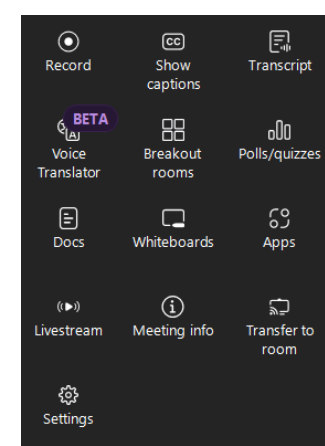


Closed Caption Instructions

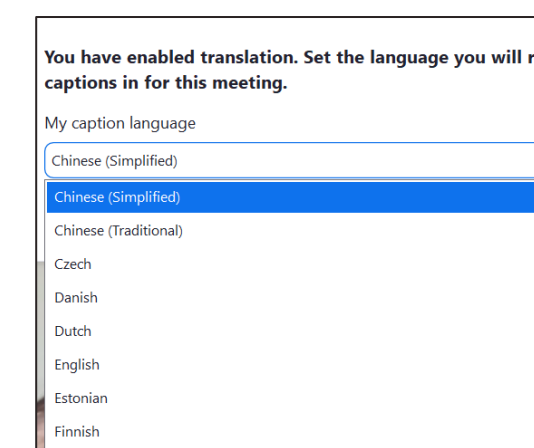
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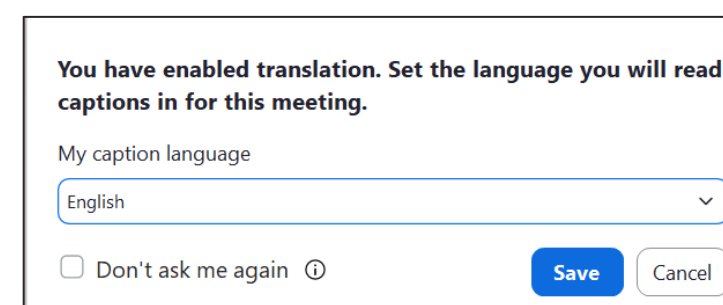
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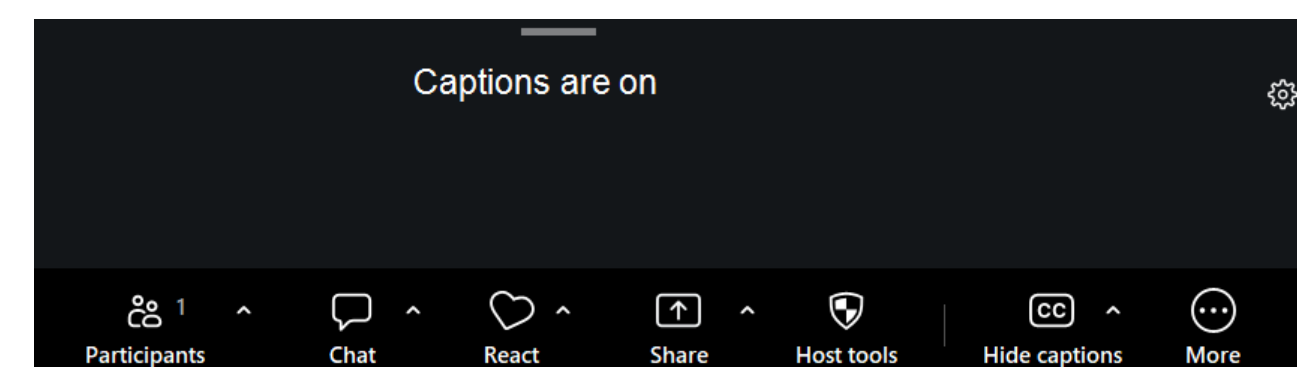
3. Select your caption language from the dropdown menu.



4. Click the blue “Save” button.



5. A message will appear that says “Captions are on.”
Captions will show as others are speaking.



Tracking and Evaluation: Why and How

WHY TRACK & EVALUATE?

Understand reach and engagement

- Know who participates, how consistently they attend, and where participation may drop off.

Show the difference programming makes

- Document changes in athlete health, fitness, and lifestyle behaviors over time.

Improve quality and inclusion

- Identify what is working, barriers, and where athletes or staff need more support.

Communicate impact

- Use findings and athlete stories for reports, partners, funders, and advocacy.

HOW PROGRAMS CAN USE EVALUATION

Plan

- Choose outcomes and simple measures before programming begins.

Monitor

- Track attendance; use Lifestyle Survey, fitness assessments, or wearables when appropriate.

Learn and adapt

- Review results with athletes, coaches, and partners; adjust delivery, resources, or supports.

Share and sustain

- Report progress, celebrate success, strengthen partnerships, and guide future funding.

Fitness Tracking



2025-2026 Health
Evaluation Report

Introduction

General Information

Pillar 1: Prevention

Getting Started — The Tracking Basics: Census

Metrics:

- People with ID in structured on going fitness programming (6/+ weeks)
- People with ID in structured fitness programming (<6 weeks)
- People without ID in structured on going fitness programming (6/+ weeks)
- People without ID in structured fitness programming (<6 weeks)

Strong Practices:

- Speak with the person completing Census to ensure they accurately record these metrics

Give a thumbs up reaction if you know who completes the Census for your Program!

Getting Started — The Tracking Basics: SHE

Metrics:

- Same as Census-separated by in-person and virtual
- Additional metrics, including school-based participants by in-person and virtual
- SHE metrics will be covered more in depth in the November Healthy Communities call

Strong Practices:

- Ensure end of year reporting includes all programming throughout the year, not just programming in the last 6 months
- For Programs outside of the US, total participants with and without ID in structured fitness programming 6/+ weeks and <6 weeks should be the same as Census

Improved Tracking Resource: Attendance Trackers

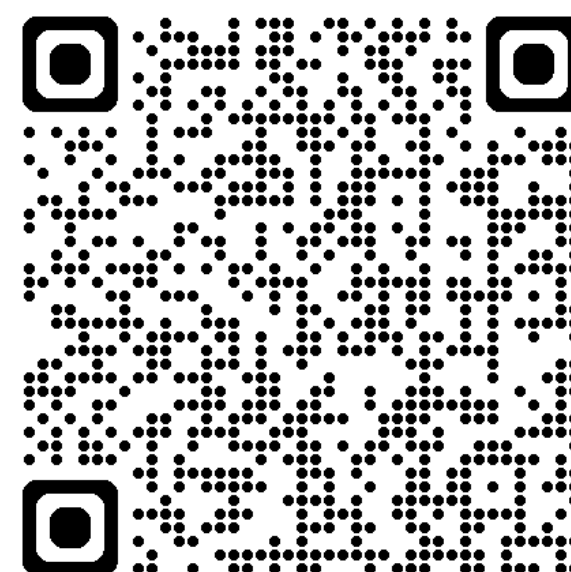
Ongoing Structured Fitness Tracker & Structured Fitness Tracker-Less Than 6 Weeks

- De-duplicates to give you clean numbers for participants with and without ID

Total unique participants with ID participating in any structured fitness programming of 6/+ weeks: Report this number in the Census and SHE.	5
Total unique participants without ID participating in any structured fitness programming of 6/+ weeks: Report this number in the Census and SHE.	4

Where Can You Find This?:

- Fitness Resource webpage → Fitness Evaluation → Fitness Data Collection Tools



Strong Practices: School-based Fitness Reminders

- Schools can be **settings** to implement fitness programming.
- Unified PE *should not be tracked as fitness.*
- If you are implementing a *fitness program during Unified PE- such as High 5- then include the number of participants as part of Census and SHE reporting.*
- If structured fitness is the model you are using for implementing Unified Sports Recreation, this should be recorded in the Census and SHE under fitness programming as well as Unified Sports Recreation.



Fitness through Sport

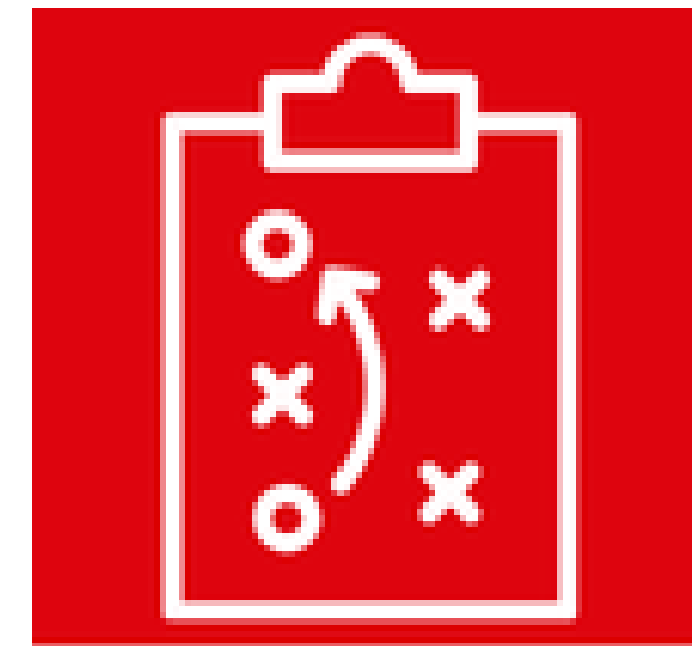
Fitness through Sport (FTS) aims to **enhance fitness activities within sports settings** to maximize impact on the sports performance, health, and wellbeing of Special Olympics athletes.



Key supporters have the knowledge and resources to assist athletes to be healthy and fit



Competitions provide a healthy and safe environment for athletes to achieve their personal best



Sports practices serve as a catalyst for fitness and healthy lifestyles

FTS and Ongoing Fitness Programming

FTS and Ongoing Fitness Programming

MINIMUM “FIT” PRACTICE STANDARDS

- 5-minute warm-up with dynamic stretches
- Focus on active practice
- Sport conditioning integrated into practice
- Water breaks every 15-20 minutes
- 5-minute cool-down with static stretches
- Encouragement to be active and healthy outside of practice
- Healthy foods encouraged at team functions, including field of play

FTS and Ongoing Fitness Programming

MINIMUM “FIT” PRACTICE STANDARDS	ONGOING PROGRAMMING IN SPORT SETTINGS
• 5-minute warm-up with dynamic stretches • Focus on active practice • Sport conditioning integrated into practice • Water breaks every 15-20 minutes • 5-minute cool-down with static stretches • Encouragement to be active and healthy outside of practice • Healthy foods encouraged at team functions, including field of play	• Fitness programming includes activities and health education that: ○ Takes place before or after a sports practice ○ Follows the Fitness Implementation Guidelines ○ Is at least 15 minutes long • Delivered at least once per week for 6 or more weeks

- Following Minimum "Fit" Practice Standards does not count as fitness programming
- Structured fitness programming cannot take place during a sports practice

Important Tracking Reminders- Let's Play a Game!

Type “yes” in the chat if you think the scenario should be tracked as Fitness programming or “no” if it should not:

1. A recreation center offers a general community fitness class that a few of your athletes attend. Your Program is not involved in the programming.
2. Your Program's Fitness Captains share Health Tips using Fit 5 at sports practices.
3. Your Program conducts a cooking and nutrition education class that meets weekly for 6 weeks.





Special Olympics
Health
MADE POSSIBLE BY **Golisano** FOUNDATION

Fitness Evaluation



Lifestyle Survey

- Captures athlete-reported health behaviors
 - Physical activity, nutrition, hydration, and sleep
 - Knowledge, confidence, and motivation
- Adult and Youth Versions
- Translated in multiple languages
- Paper & electronic delivery options
- Embedded in the SO Fitness app



YOUTH LIFESTYLE SURVEY

PHYSICAL ACTIVITY
Think about the **LAST WEEK (7 days)**, how many days did you exercise, play a sport, or do physical activity for 60 minutes or more? Count all of the days you spent doing activities that made your heartbeat faster and made you breathe hard.

☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days ☐ I don't know
☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days ☐ ?



Think about the **LAST WEEK (7 days)**, about how many hours per day did you spend in front of a TV, tablet, computer, cellphone or other electronic device watching programs, playing video games, using the internet or social media?

☐ Less than 2 hours ☐ 2-4 hours ☐ 5-7 hours ☐ I don't know
☐ 8-10 hours ☐ More than 10 hours ☐ ?

HYDRATION & NUTRITION
Think about the **LAST WEEK (7 days)**, about how many times per day did you drink a glass or bottle of water?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more ☐ I don't know
☐ ?

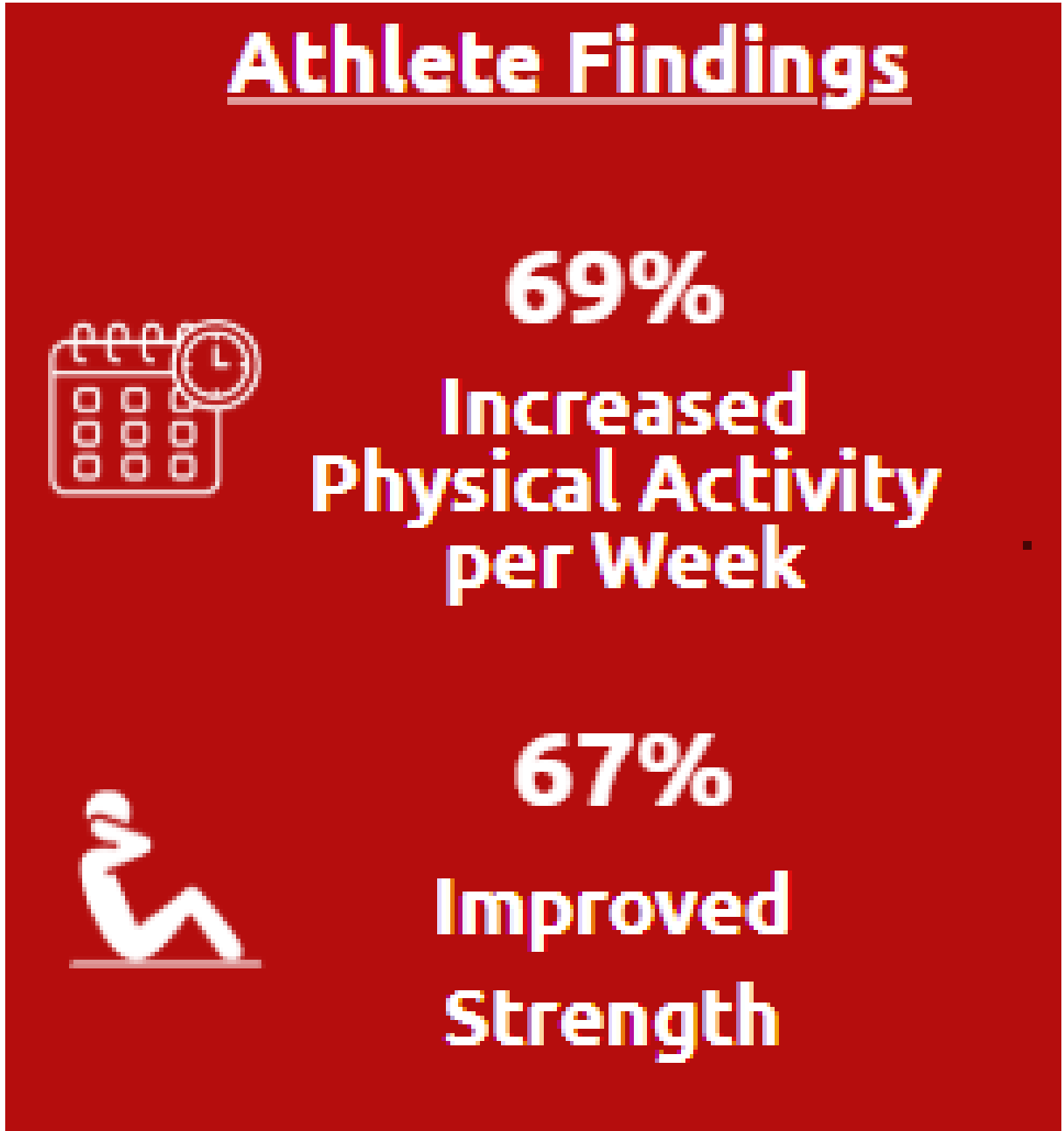
Think about the **LAST WEEK (7 days)**, about how many times per day did you eat fruit?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more ☐ I don't know
☐ ?

Think about the **LAST WEEK (7 days)**, about how many times per day did you eat vegetables?

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more ☐ I don't know
☐ ?

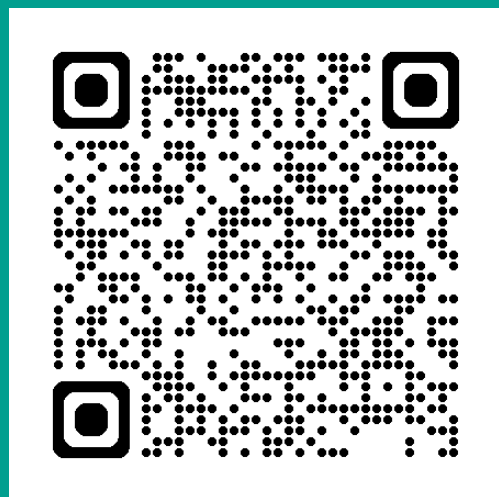
SOAP-Lifestyle Survey for MoveFit



Fitness Evaluation Request Form

START HERE

Complete the form when you
are planning to evaluate
fitness programming



**You do not need to have
everything figured out.**

The form helps begin the
conversation.

WHAT SUPPORT CAN YOU REQUEST?

Customized support

Share your evaluation goals and
the type of help your Program
needs.

Tool selection guidance

Identify tools that fit your
fitness program and evaluation
questions.

Data and reports

Receive Program-specific data
and impact reports from the
team.

2027 Fitness Evaluation Champion Challenge



Challenge: 10 Programs who haven't implemented the Lifestyle Survey to implement in 2027

How:

- Complete [Fitness Evaluation Request Form](#) between January-July 2027
- Dr. Alicia Dixon Ibarra and Fitness will reach out to support your implementation

Benefits:

- Clean, ready to use data to highlight impact of your programming
- Recognition in the 2027 Annual Fitness Report as a 2027 Fitness Evaluation Champion
- Recognition in SOI communication channels to share your impact
- Contribute to the evidence of fitness programming (more opportunities to advance our work, such as external grant funding!)

Are you up for the Challenge?

- Type "Champion" in the chat!

Thank you!
Share questions in the chat
or reach out to:
fitness@specialolympics.org



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