

Summer Games Sports & Fitness Challenge

First Half Activity Requirements



Sports & Fitness: Earn ten (10) points for each day that any combination of three (3) activities are completed from the <i>Fit 5</i> and <i>Sports</i> sections below.	Quantity Required per Day		
	L1/M	L2	L3
Fit 5			
Anytime Fitness: Wellness Wednesday Workout		1 class	1 class
Bicep Curls	5 per arm		
Burpees		10	20
Lunges		10 per leg	15 per leg
Overhead Press	5 per arm		
Planks		30 sec.	1 min.
Pushups - Standard or Knee		10	20
Situps or Crunches	5	15	30
Squats	5	10	20
WWE School of Strength: 1 video = 1 activity (can do 3 videos to fulfill daily requirement)		1 video	1 video
Sports			
10m Walk or Roll	5		
10m Wheelchair Slalom	5		
10-minutes of Brisk Physical Activity (approved by CC)	10 min.	10 min.	10 min.
1-mile Walk or Run		1 mile	1 mile
50m Walk or Run		5	10
Ball Catch	10 attempts		
Ball Throw - Accuracy	10 throws	15 throws	20 throws
Ball Throw - Distance	10 throws	15 throws	20 throws
Basketball - Dribbling	20 dribbles	25 per hand	50 per hand
Basketball - Shooting	10 attempts	20 attempts	40 attempts
Basketball - Wall Pass	10 passes	20 passes	40 passes
Bocce - Roll for Accuracy	10 rolls	20 rolls	
Soccer - Free Dribble		50 touches	75 touches
Soccer - Passing		10 passes per foot	20 passes per foot
Soccer - Pendulum		25 touches	50 touches
Soccer - Toe Touches		25 touches	50 touches
Standing Long Jump	5 jumps	10 jumps	
Volleyball - Bumping or Setting	10 bumps or sets	20 bumps or sets	40 bumps or sets
Health & Well-being: Earn five (5) points for each day that two (2) of these activities are completed.			
	L1/M	L2	L3
Drink Water	5 bottles	5 bottles	5 bottles
Eat Fruit & Vegetables	5 servings	5 servings	5 servings
Strong Minds: Prayer, Meditation, Journaling, Listen to Positive Music	10 min.	10 min.	10 min.
Strong Minds: Yoga, Stretching, Flexibility	10 min.	10 min.	10 min.

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

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 10 pushups, you could do 5 pushups in the morning and 5 pushups 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 2 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								
Anytime Fitness: Wellness Wednesday Workout (1 class)								
Burpees (10)								
Lunges (10 per leg)								
Planks (30 sec.)								
Pushups - Standard or Knee (10)								
Situps or Crunches (15)								
Squats (10)								
WWE School of Strength (1 video): You may complete 3 videos to fulfill the daily goal.	Video 1							
	Video 2							
	Video 3							
Sports								
10-minutes of Brisk Physical Activity (approved by County Coordinator)								
1-mile Walk or Run								
50m Walk or Run (5)								
Ball Throw - Accuracy (15 throws)								
Ball Throw - Distance (15 throws)								
Basketball - Dribbling (25 dribbles per hand)								
Basketball - Shooting (20 attempts)								
Basketball - Wall Pass (20 passes)								
Bocce - Roll for Accuracy (20 rolls)								
Soccer - Free Dribble (50 touches)								
Soccer - Passing (10 passes per foot)								
Soccer - Pendulum (25 touches)								
Soccer - Toe Touches (25 touches)								
Standing Long Jump (10 jumps)								
Volleyball - Bumping/Setting (20 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 2 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						
		6/20/20	6/21/20	6/22/20	6/23/20	6/24/20	6/25/20	6/26/20
Fit 5								
Anytime Fitness: Wellness Wednesday Workout (1 class)								
Burpees (10)								
Lunges (10 per leg)								
Planks (30 sec.)								
Pushups - Standard or Knee (10)								
Situps or Crunches (15)								
Squats (10)								
WWE School of Strength (1 video): You may complete 3 videos to fulfill the daily goal.	Video 1							
	Video 2							
	Video 3							
Sports								
10-minutes of Brisk Physical Activity (approved by County Coordinator)								
1-mile Walk or Run								
50m Walk or Run (5)								
Ball Throw - Accuracy (15 throws)								
Ball Throw - Distance (15 throws)								
Basketball - Dribbling (25 dribbles per hand)								
Basketball - Shooting (20 attempts)								
Basketball - Wall Pass (20 passes)								
Bocce - Roll for Accuracy (20 rolls)								
Soccer - Free Dribble (50 touches)								
Soccer - Passing (10 passes per foot)								
Soccer - Pendulum (25 touches)								
Soccer - Toe Touches (25 touches)								
Standing Long Jump (10 jumps)								
Volleyball - Bumping/Setting (20 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.							

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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.
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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 20 pushups, you could do 10 pushups in the morning and 10 pushups 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 3 Activity Tracker



Participant Name: _____

County Program: _____

		Week 1						
		6/13/20	6/14/20	6/15/20	6/16/20	6/17/20	6/18/20	6/19/20
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								
Anytime Fitness: Wellness Wednesday Workout (1 class)								
Burpees (20)								
Lunges (15 per leg)								
Planks (1 min.)								
Pushups - Standard or Knee (20)								
Situps or Crunches (30)								
Squats (20)								
WWE School of Strength (1 video): You may complete 3 videos to fulfill the daily goal.	Video 1							
	Video 2							
	Video 3							
Sports								
10-minutes of Brisk Physical Activity (approved by County Coordinator)								
1-mile Walk or Run								
50m Walk or Run (10)								
Ball Throw - Accuracy (20 throws)								
Ball Throw - Distance (20 throws)								
Basketball - Dribbling (50 dribbles per hand)								
Basketball - Shooting (40 attempts)								
Basketball - Wall Pass (40 passes)								
Soccer - Free Dribble (75 touches)								
Soccer - Passing (20 passes per foot)								
Soccer - Pendulum (50 touches)								
Soccer - Toe Touches (50 touches)								
Volleyball - Bumping/Setting (40 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 1						
		6/13/20	6/14/20	6/15/20	6/16/20	6/17/20	6/18/20	6/19/20
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.								

Summer Games Sports & Fitness Challenge

First Half: Level 3 Activity Tracker



Participant Name: _____

County Program: _____

		Week 1						
		6/20/20	6/21/20	6/22/20	6/23/20	6/24/20	6/25/20	6/26/20
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								
Anytime Fitness: Wellness Wednesday Workout (1 class)								
Burpees (20)								
Lunges (15 per leg)								
Planks (1 min.)								
Pushups - Standard or Knee (20)								
Situps or Crunches (30)								
Squats (20)								
WWE School of Strength (1 video): You may complete 3 videos to fulfill the daily goal.	Video 1							
	Video 2							
	Video 3							
Sports								
10-minutes of Brisk Physical Activity (approved by County Coordinator)								
1-mile Walk or Run								
50m Walk or Run (10)								
Ball Throw - Accuracy (20 throws)								
Ball Throw - Distance (20 throws)								
Basketball - Dribbling (50 dribbles per hand)								
Basketball - Shooting (40 attempts)								
Basketball - Wall Pass (40 passes)								
Soccer - Free Dribble (75 touches)								
Soccer - Passing (20 passes per foot)								
Soccer - Pendulum (50 touches)								
Soccer - Toe Touches (50 touches)								
Volleyball - Bumping/Setting (40 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 1						
		6/13/20	6/14/20	6/15/20	6/16/20	6/17/20	6/18/20	6/19/20
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.								

