

In this first phase, we will...

Enroll athletes in 6 states to try out Project ALL STAR for a year and describe...

- Who Special Olympics athletes are
- What affects their health
- What affects their Special Olympics participation
- What are their health conditions

Begin answering our question: how does participation in Special Olympics impacts health (physical, mental, and social-emotional) over time?



Test out the tools we have to track health over time, including:

- Surveys
- Fitbits
- Annual in-person fitness assessment

And make changes based on the feedback athletes share.

