

What happens in Project ALL STAR?



Complete a consent form to join Project ALL STAR.



You can get a Fitbit device to track your physical activity.



Every year, you'll be invited to a health and fitness in-person testing event.



You can also join a group discussion to share your thoughts about the project.



You'll complete surveys asking about your health and Special Olympics.



Together, we will learn about how participating in Special Olympics impacts health.