

FOCUS ON FITNESS EVERY WEEK

This tracker can help you reach your fitness goals! Fitness works best when you eat healthy and stay active most days each week. Your goal is to eat healthy every day and do the exercise videos 5 days per week. Use this tracker to set fitness goals and stick to them.

FITNESS IS FUN

Fitness is good for your body! It feels amazing to hit your goals, especially when they're tough. Want more of a challenge? For a harder workout, watch each video more than one time in a session.

FITNESS IS FOR LIFE

It's never too late to start exercising or to jump back in. This fitness tracker can help. Once you finish this tracker, start planning your next week of exercise using a fresh tracker.

Fill in the tracker each day with the video you worked out to and how many times you did it.

Always start by warming up to **Video 1: Welcome and Warm-Up**.

I did video 3
2 times today

Share your fitness journey with us! Post pictures of your tracker on Twitter or Instagram. Don't forget to tag us! @SpecialOlympics #InclusiveHealth.



Week 1: Video 2

Week 2: Video 2 & 3

Week 3: Video 3 & 4

Week 4: Video 2 & 4