

Special Olympics Hawai'i



Fitness Tracker

Follow the fitness tracker every day. Once you complete your daily workout put a big X over the workout you just finished. Once you have completed the 4-week program, turn your Fitness Tracker with your name on it to your HOD.

SUN	MON	TUES	WED	THUR	FRI	SAT
Rest	3-2-1 Workout	Walk 30 minutes	3-2-1 Workout	Rest	Walk 30 minutes	3-2-1 Workout
Rest	3-2-1 Workout	Walk 30 minutes	3-2-1 Workout	Rest	Walk 30 minutes	3-2-1 Workout
Rest	3-2-1 Workout	Walk 30 minutes	3-2-1 Workout	Rest	Walk 30 minutes	3-2-1 Workout
Rest	3-2-1 Workout	Walk 30 minutes	3-2-1 Workout	Rest	Walk 30 minutes	3-2-1 Workout

