

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 and post a photo of your workout to our SOHI Stay Fit Facebook group. Once you have completed the 4-week program, post a copy of your completed tracker on our Facebook group with your first name and delegation.

SUN	MON	TUES	WED	THUR	FRI	SAT
Rest	School of Strength Warm up, endurance, strength, & balance	Walk 30 minutes	3-2-1 Workout	Rest	Fit 5 Endurance, Flexibility, & Strength Level 1	Walk 30 minutes
Rest	School of Strength Warm up, endurance, strength, & balance	Walk 30 minutes	3-2-1 Workout	Rest	Fit 5 Endurance, Flexibility, & Strength Level 2	Walk 30 minutes
Rest	School of Strength Warm up, endurance, strength, & balance	Walk 30 minutes	3-2-1 Workout	Rest	Fit 5 Endurance, Flexibility, & Strength Level 3	Walk 30 minutes
Rest	School of Strength Warm up, endurance, strength, & balance	Walk 30 minutes	3-2-1 Workout	Rest	Fit 5 Endurance, Flexibility, & Strength Level 4	Walk 30 minutes