Special Olympics Iowa

November 2023-August 2024

Monthly Health Challenges

Cross off the day if you completed the challenge

Special Olympics Iowa

November 2023

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Monthly Challenge

Walk, roll, or run daily!

Week 1: 10 minutes each day

Week 2: 15 minutes each day

Week 3: 20 minutes each day

Week 4: 30 minutes each day

Special Olympics Iowa

December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monthly Challenge

Stretch Challenge!
Stretch for 15 minutes each day.

Special Olympics Iowa

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monthly Challenge

Fruit Challenge!

Eat 3-5 servings of fruit per day.

Special Olympics Iowa

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

Monthly Challenge

Train for Spring Classic!
What sport do you do?
Basketball
Cheerleading & Dance
Gymnastics
Powerlifting

Special Olympics Iowa

March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Monthly Challenge

Water Challenge!

Drink 64 oz of water daily.

Tip:

64 ounces = 8 cups

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April 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Monthly Challenge

Train for Summer Games!
What sport do you do?

Bocce
Cycling
Soccer
Swimming
Tennis
Track & Field

Special Olympics Iowa

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Monthly Challenge

Vegetable Challenge!
Eat 3-5 servings of vegetables per day.

Special Olympics Iowa

June 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Monthly Challenge

Exercise Daily!

Try to do any exercise for 15-30 minutes each day.

Ex: Jump rope, walk, weightlift, dance, swim

Special Olympics Iowa

July 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Monthly Challenge

Go Outside Challenge!
Spend 30 minutes outside each day.

Ex:
Go for a walk, visit a park, relax outside

Special Olympics Iowa

August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Monthly Challenge

Step Challenge! Walk, roll, or run

Week 1: 2,500 steps each day

Week 2: 5,000 steps each day

Week 3: 7,500 steps each day

Week 4: 10,000 steps each day

Tip:

2,000 steps = 1 mile