





SPECIAL OLYMPICS NEW JERSEY  
**TOTAL BODY CHALLENGE**


## Session 8 Weekly Tracker

Use this page for one week's worth of tracking, then use a new page for the next week. You will need 4 pages for the next 4 weeks. Please visit the TBC calendar for the latest live schedule. Do not forget to submit code words by 9:00 a.m. the following day to earn points. Nutrition information is submitted weekly on Mondays.

NAME \_\_\_\_\_

WEEK \_\_\_\_\_

| CHALLENGES |  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------|--|--------|---------|-----------|----------|--------|
| 1          | <b>FITNESS CODE WORD</b>      |        |         |           |          |        |
|            | <b>MINDFULNESS CODE WORD</b>  |        |         |           |          |        |

| NUTRITION INFO  |   | MONDAY    | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY    | TOTAL |
|--|---|-----------|-----------|-----------|-----------|-----------|-------|
| 2  | How many total fruits and vegetables did you eat? | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ |       |
|  | How many water bottles (16oz) did you drink?      | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ | ○ ○ ○ ○ ○ |       |
|  | What is your current weight (lbs)?                |           |           |           |           |           |       |
|  | What is your waist circumference?                 |           |           |           |           |           |       |
| <b>WEEKLY NUTRITION &amp; HYDRATION CODE WORD</b>  |   |           |           |           |           |           |       |

#1 – Fitness and Mindfulness code words get submitted to TBC daily (starting May 17).  
#2 – Nutrition Info gets submitted to TBC on Mondays (starting May 24).  
*NOTE: Under the "Total" column add up your weekly total for each fruit and vegetables, water bottles, and exercise minutes.*