

Monday JUNE 1	Tuesday JUNE 2	Wednesday JUNE 3	Thursday JUNE 4	Friday JUNE 5	Saturday JUNE 6	Sunday JUNE 7
<input type="checkbox"/> Watch the CAMH Mindfulness Wellness Series at 2:00pm today!  <b>Sign up here to receive a reminder!</b>	<input type="checkbox"/> Wear a pair of your favourite socks today!	<input type="checkbox"/> Start off the day right with a great workout!  <b>Click here for an inclusive workout by Anytime Fitness!</b>	<input type="checkbox"/> Try this soccer themed workout for Special Olympics athletes by @BOKS!  <b>Click here to watch!</b>	<input type="checkbox"/> Get creative! Share your art on social media and tag Special Olympics Ontario and #SOHealthyAtHome!  <b>Click here for some colouring pages!</b>	<input type="checkbox"/> Brush and floss your teeth twice today! (Tip: you should be doing this everyday!)	<input type="checkbox"/> Try listening to an audio book by your favourite author!  <b>Click here to start listening!</b>
<input type="checkbox"/> Brush and floss your teeth twice today! (Tip: you should be doing this everyday!)	<input type="checkbox"/> Make your own puzzle!  <b>Click here to watch this video for instructions!</b>	<input type="checkbox"/> Go for a 30-minute walk with your favourite pair of shoes!	<input type="checkbox"/> Call, text or email 3 friends or teammates today!  <b>Click here for some things you can ask your friends!</b>	<input type="checkbox"/> Don't forget to drink water! Have at least 8 glasses or 5 sports bottles every day!	<input type="checkbox"/> Give this cardio kick-boxing workout a try!  <b>Click here to watch!</b>	<input type="checkbox"/> Wind down the weekend with this beginner yoga class designed for Special Olympics athletes!  <b>Click here to watch!</b>
<input type="checkbox"/> Try this boxing workout from Special Olympics Virginia!  <b>Click here to watch!</b>	<input type="checkbox"/> Call, text or email 2 friends or teammates today!  <b>Click here for some things you can ask your friends!</b>	<input type="checkbox"/> Try focusing on 2 good things in your life to help you stay positive!  <b>Click here for some examples!</b>	<input type="checkbox"/> Choose water instead of juice or pop today - your teeth will thank you!	<input type="checkbox"/> Try this upper body fitness class by Special Olympics New Jersey!  <b>Click here to watch!</b>	<input type="checkbox"/> Give this tasty and healthy yogurt bark recipe a try!  <b>Click here for the recipe!</b>	<input type="checkbox"/> Getting fresh air is a great way to help you stay positive!  <b>Click here for some examples you can try!</b>

Special  
Olympics  
**Healthy  
Athletes®**



Be sure to complete all 3  
challenges each day!

Submit your progress online at **SchoolChamps.ca** for a shout-out during the Opening Ceremony!

For more resources and tools, visit:  
**SchoolChamps.ca/HealthyAthletes**

HEALTHY ATHLETES CHALLENGE

