

February 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1	1 Fitness Challenge Starts	2 Groundhog Day Pick your 3 Exercises Write Down your score the first time you do the exercises this week	3	4 Do 20 Push-ups Do 20 Jumping Jacks	5	6 Week 1 Score Due Send your scoresheet to our office
7 Week 2	8	9	10 Hold a Plank as long as you can Do 25 Sit-ups	11	12	13
14 Valentine's Day Week 3	15 President's Day Do 20 arm circles Do 20 Squats	16	17	18	19	20
21 Week 4	22	23	24	25 Do your 3 exercises and see how you did! Write down your scores in the Week 4 section of your Scoresheet	26	27
28 Week 4 Score Due						

NOTES:

You can email, call in, or mail your scores to the Special Olympics North Dakota Office.

701-746-0331

info@specialolympicsnd.org

2616 26th Ave S Grand Forks ND 58201

March 2021						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 5	1	2	3	4	5 Do 15 Front to back jumps Do 20 side bends	6
7 Week 6	8	9	10 Do 30 Sit ups Do 30 Jumping Jacks	11	12	13
14 Daylight Saving Week 7	15 Do all 6 exercises in the Playbook	16	17 St. Patrick's Day	18	19	20
21 Week 8	22	23	24	25 Do your 3 exercises Write Down your scores in the Week 8 Section of your Scoresheet	26	27
28	29	30	31 Final Score Due Send your completed scoresheet to our office			

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