

Walking Club



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION



KAISER
PERMANENTE.

OFFICIAL HEALTH PARTNER
OF SPECIAL OLYMPICS WASHINGTON



WALKING CLUB

SPECIAL OLYMPICS
WASHINGTON



Start a Walking Club with your team to stay fit! Challenge yourself and your teammates to be more active and log more miles. The more miles you walk, the more rewards you earn for yourself and your team! This is all at no cost to the team or local program!

Walking Clubs include:



**WEARABLE
ACTIVITY
TRACKER**

STEP TRACKER

Write down the number of steps you took at the end of each day & tally your weekly total!

NAME: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

STEP TRACKER



Walking Clubs can be lead or co-lead by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club!

Athletes and teams receive incentives for tracking their goals and submitting that information back to SOWA. Prizes include: water bottles, t-shirts, bracelets, water jugs, exercise equipment and more.

Register for a Walking Club through the season registration portal or email fitness@sowa.org