

# SOBC: WINTER WARRIOR 7-WEEK CHALLENGE

Special  
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British Columbia



Welcome to the SOBC Winter Warrior Challenge! Follow these steps to complete the 7-week challenge!

**STEP #1:** [REGISTER](#) for the SOBC Winter Warrior Challenge!

**STEP #2:** Set TWO (2) S.M.A.R.T Goals that you would like to complete by the end of the 7-week SOBC Winter Warrior Challenge.



GOAL  
SETTING FOR  
THE NEW  
YEAR

## S.M.A.R.T GOALS FOR WELLBEING

Starting the New Year on the right foot by setting mindful intentions for our wellbeing and growth.

Let's make it a mentally healthy New Year!

## S.M.A.R.T. GOALS



### SPECIFIC

What exactly do you want to do?  
Be very specific!



### MEASURABLE

How will you know when you reach your goal? Are you able to track your progress?



### ACHIEVABLE

Is this goal possible? What are the steps you need to go through to get there?



### REALISTIC

Is it worthwhile? Does this goal contribute to your bigger goals?



### TIMELY

What is the deadline for your goal?

Follow these simple guidelines to make wellness-related goals in the New Year

Your goals can be about health, wellness, sports, school, personal goals, professional goals... anything you would like! You will be asked to fill out your goals upon registering!

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## STEP #3: Read the Challenge Goals and Guidelines.

### Winter Warrior Challenge Goals and Guidelines

The SOBC Winter Warrior Challenge is a 7-week challenge taking place from January 12 and finishing on February 28.

The goal for the SOBC Winter Warrior Challenge Calendar is to move our bodies, drink water, and get our servings of fruits and vegetables EVERY DAY for the duration of the challenge, and to become Winter Warriors!

At the very end of this PDF you will find a list of wellness activities that count towards the green wellness category. This includes a variety of things like at-home workouts, walks, bike rides, healthy and fun recipes, yoga, mental health tools, and SO much more! You can use this list for ideas, or you can come up with your very own thing. Make sure to write into that calendar what you do each day! Make sure you include one rest day each week to give your body and brain a break, and to focus on the Mindfulness Category found at the bottom of this PDF.

Complete one of these activities every day, for 7 weeks! The cool thing about this calendar is you can type right into the box of each day, to fill out what you did that day!

**Wellness:** Throughout the month, complete a healthy, active, or wellness activity **every day** for the entire month, check the box and input what activity you've done in the green wellness row. I have included a list of activities below to help you! However, you can complete ANY type of physical activity for a minimum of 20 minutes, in order to receive a point. Make sure to write in what you complete! You will receive 1 point for each day of wellness you complete. 1 day per week can be a rest day – where you don't do any physical activity!

**Nutrition:** Each day I am challenging you to eat FIVE servings of fruits and vegetables. You will receive 1 point for each day of getting 5 servings of fruits and vegetables you complete.

**Hydration:** Each day I am challenging you to drink FIVE 500ml glasses/bottles of water. Using this fillable template, check a box for every bottle/glass of water you have! You will receive 1 point for each day of getting 5 glasses of water you complete.

We will be awarding FIVE (5) SOBC Wellness Prize Packs to five Winter Warrior winners.

1. One (1) will go to the top completer with the most points.
2. The other 4 winners will be done by draw. We will be drawing from all the submitted calendars. No matter how many points you got, if you completed any of the calendar and submitted it to Marlow, you will be entered for the draw!

## STEP #4: Complete the fillable PDF below over the next 7 weeks.

**STEP #5:** Once the SOBC Winter Warrior Challenge has completed (February 28<sup>th</sup>), **submit your *completed* challenge calendar to Sport Coordinator, Marlow de Paul ([mdepaul@specialolympics.bc.ca](mailto:mdepaul@specialolympics.bc.ca) // 604-737-3081) to be entered to win one of the 5 SOBC Wellness Prize Packs!**

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## WEEK #1: January 13<sup>th</sup> – 17<sup>th</sup>

	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	<p><b>Step #1:</b> <a href="#">Register</a></p> <p><b>Step #2:</b> Set TWO (2) S.M.A.R.T Goals, details included on the registration page, for the 7-week Challenge!</p> <p><i>BONUS: Invite a friend to do the challenge with you!</i></p>					
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

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## WEEK #2: January 18<sup>th</sup> – 24<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>							<p><b>Take a REST day today!</b> 😊</p> <p><a href="#">Complete</a> this activity today, and receive a bonus entry in the prize pack draw!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p>*** submit a photo or video of you completing any of the recipes or getting your servings of fruit and veg, and receive a bonus point for the giveaway ***</p>					
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

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## WEEK #3: January 25<sup>th</sup> – 31<sup>st</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>							<p>It's not too late to start the challenge for the month of February!</p> <p>Share the challenge with a friend and get moving with them!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>					<p>*** submit a photo or video of you completing any of the recipes or getting your servings of fruit and veg, and receive a bonus point for the giveaway ***</p>			
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

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## WEEK #4: February 1<sup>st</sup> – 7<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>			<p>Halfway there!</p> <p><a href="#">Tune in to the SOBC Facebook SuperLive Today @ 6:30 p.m. PT</a></p>					
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						<p>*** submit a photo or video of you completing any of the recipes or getting your servings of fruit and veg, and receive a bonus point for the giveaway ***</p>		
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

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## WEEK #5: February 8<sup>th</sup> – 14<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>							<p><b>Take a REST day today! 😊</b></p> <p><a href="#">Complete</a> this activity today, and receive a bonus entry in the prize pack draw!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>	<p><i>*** submit a photo or video of you completing any of the recipes or getting your servings of fruit and veg, and receive a bonus point for the giveaway ***</i></p>							
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

# SOBC: WINTER WARRIOR 7-WEEK CHALLENGE



## WEEK #6: February 15<sup>th</sup> – 21<sup>st</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>								
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>					<p>*** submit a photo or video of you completing any of the recipes or getting your servings of fruit and veg, and receive a bonus point for the giveaway ***</p>			
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



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## WEEK #7: February 21<sup>st</sup> – 28<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>							<p><b>CONGRATS!</b></p> <p>You <b>COMPLETED</b> the SOBC Winter Warrior Challenge!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		<p>*** submit a photo or video of you completing any of the recipes or videos and receive a bonus point for the giveaway for each submitted video/photo***</p>					<p><u>Complete</u> this to be entered to win the draw, and to receive your SOBC Winter Warrior Certificate!</p>	
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>								<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

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## Winter Warrior – “Wellness” Activity List

*\*\* Note – you can repeat each activity more than once over the course of the entire month if you'd like, aim to have at least 3-4 “get moving” or “yoga” activities each week. Give your body a rest day once per week\*\**

### **Get Moving → Activities, practices, and at-home workouts**

*\*\*\* submit a photo or video of you completing any of the videos and receive a bonus point for the giveaway for each submitted video/photo\*\*\**

1. **Get Moving #1** – Attend one of your SOBC Virtual/Indoor/Outdoor Practices –Virtual FFF, Club Fit, snowshoe, cross country skiing, alpine skiing, Dance Club, yoga, virtual programs, dryland, etc. (make sure to write down in your calendar what you attended!)
2. **Get Moving #2** – Go out for a walk (20 - 30 mins minimum)
3. **Get Moving #3** – Go out for a run (20 - 30 mins minimum)
4. **Get Moving #4** – Go for a bike ride (20 - 30 mins minimum)
5. **Get Moving #5** – Shovel your driveway (20 - 30 mins minimum)
6. **Get Moving #6** – Go outside (try your backyard!) or stay inside and practice your favourite sport – [check out the basic skills page on SOBC website](#) for some drill ideas! (30 mins)
7. **Get Moving #7** – [At-home body weight workout](#) video (34 minutes)
8. **Get Moving #8** – Level 1 of Special Olympics International’s Fit 5 videos. (40 mins)
  - ✓ Complete the [Endurance 1](#) video three times.
  - ✓ Complete the [Strength 1](#) video three times.
  - ✓ Complete the [Balance 1](#) video three times.
  - ✓ Complete the [Flexibility 1](#) video three times
9. **Get Moving #8** – Level 2 of Special Olympics International’s Fit 5 videos. (40 mins)
  - ✓ Complete the [Endurance 2](#) video three times.
  - ✓ Complete the [Strength 2](#) video three times.
  - ✓ Complete the [Balance 2](#) video three times.
  - ✓ Complete the [Flexibility 2](#) video three times
10. **Get Moving #8** – Level 3 of Special Olympics International’s Fit 5 videos. (40 mins)
  - ✓ Complete the [Endurance 3](#) video three times.
  - ✓ Complete the [Strength 3](#) video three times.
  - ✓ Complete the [Balance 3](#) video three times.
  - ✓ Complete the [Flexibility 3](#) video three time times.
11. **Get Moving #9** – [Complete the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!
12. **Get Moving #10** – [Complete another variation of the SOBC Active Athlete Alphabet!!](#) Click for the full circuit, and what words you need to spell out!

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13. **Get Moving #11** – Check out Special Olympics International’s [School of Strength](#) at-home training videos with WWE superstar Becky Lynch (30mins)
14. **Get Moving #12** – Complete this super cool [Jenga Workout with Anytime Fitness](#) and Special Olympics
15. **Get Moving #13** – Join [Sarah from motionball Vancouver for a great at-home body weight workout](#)
16. **Get Moving #14** – Another [workout with Sarah from Motionball Vancouver – at home body weight](#)
17. **Get Moving #15** – Another [workout with Sarah from Motionball Vancouver – at circuit!](#)
18. **Get Moving #16** – [a fourth GREAT bodyweight workout with Sarah from motionball Vancouver](#)
19. **Get Moving #17** – Complete this [full body at-home DANCE](#) workout (30 mins)
20. **Get Moving #18** – Complete this [full body at-home Cha-Cha DANCE](#) workout (30 mins)
21. **Get Moving #19** – Complete this [at-home full body workout brought to you by Alison Gaudet and Special Olympics Ontario](#) (40 mins)
22. **Get Moving #20** – Follow along with [Coach Shayla for this at-home workout](#) session (50 minutes)
23. **Get Moving #21** – Complete this awesome ENDURANCE workout with [coach Shannon from Anytime Fitness](#) (25mins)
24. **Get Moving #22** – Complete any @ home workout of your choosing, maybe with a family member or friend (you could even do this over facetime!)
25. **Get Moving #23** – Complete this fantastic [SEATED Strength Workout with Anytime Fitness](#), grab a chair and build some muscles!
26. **Get Moving #24** – Complete this [great at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
27. **Get Moving #25** – Complete this [another at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
28. **Get Moving #26** – Complete this [third at-home workout with Celebrity Trainer Shannon Decker](#) (30 minutes)
29. **Get Moving #27** – Complete this [full body at-home DANCE](#) workout (30 mins)
30. **Get Moving #28** – Vacuum the house for 30 minutes!
31. **Get Moving #29** – Clean your house/room for 30 minutes!
32. **Get Moving #30** – Go outside (or stay at home) and find a set of stairs. Walk, or run, up and down the stairs for 30 minutes.
33. **Get Moving #31** – Wild Card! Any physical activity completed for a minimum of 25 minutes
34. **Get Moving #33** – Go for a winter hike!
35. **Get Moving #32** – Go skiing or snowboarding
36. **Get Moving #34** – Go snowshoeing
37. **Get Moving #35** – Rest! Give your body a day to relax. Maybe try a recipe. This can be used once per week!

## Breathe → Mindfulness, yoga and mental wellness

\*\*\* submit a photo or video of you completing any of the videos and receive a bonus point for the giveaway for each submitted video/photo\*\*\*

38. **Yoga #1** – Complete [this at-home yoga for beginners session](#) with Adriene (25 mins)
39. **Yoga #2** – Complete [this at-home yoga](#) and mindfulness with Shelbi and Matt (55 mins)
40. **Yoga #3** – Complete [this at-home yoga](#) with instructor Shelbi (30mins)

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41. **Yoga #4** – [Yoga Session with Blissability Yoga](#) – standing or seated yoga (30 mins)
42. **Yoga #5** – Complete this [Chair Yoga](#) session (25 mins)
43. **Yoga #6** – Complete this [Bedtime Stretches for an amazing night's sleep Yoga Video](#) brought to you by Special Olympics Ireland
44. **Yoga #7** – Complete this [Yoga Practice lead by Heather from Special Olympics North Carolina](#) (30 mins)
45. **Yoga #8** – [Follow along with Shelbi and complete this at-home Yoga Practice!](#)
46. Complete the [Building a Routine At Home](#) Template (share it with Marlow for a bonus entry!)
47. Take a look at the [Mental Skills Training for SOBC Athletes](#), developed by Strong Minds Clinical Director Sarah Kiengersky
48. **Read about Good Sleep Habits** → [Practice these habits](#) and get 8 hours of sleep!

## **Eat!** → Healthy, simple recipes, and nutrition education

*\*\*\* submit a photo or video of you completing any of the recipes or videos and receive a bonus point for the giveaway for each submitted video/photo \*\*\**

1. **Recipe #1** – [Ultimate Grilled Cheese Sandwich](#) with SOO Athlete Chef Matthew Fields (15mins)
2. **Recipe #2** – [Berry Lean Yogurt Bars](#) with SOO Athlete Chef Gohulan Rajalingam (15mins)
3. **Recipe #3** – [Black Bean Tacos](#) with SOO Athlete Chef Val Nyhout (15mins)
4. **Recipe #4** – Check out and make [this delicious Egg Breakfast wrap](#) recipe
5. **Recipe #5** – Check out this [quick and easy rice cake snack recipe](#)
6. Try Mixing in fruit or veggies to your 5 glasses of water today, to give it some extra flavour
7. Listen to the [Health Athlete Nutrition Video](#), created by Zach and Jesse! – 5 mins
8. **Recipe #6** – Follow along with Sobey's Dietitian and Special Olympics Canada and make a delicious [Greek Orzo Salad](#)
9. **Recipe #7** – Follow along with Sobey's Dietitian and Special Olympics Canada and make a [Peanut Butter Roll-Ups](#)
10. **Recipe #8** – Pick from these 4 [delicious and nutritious smoothie recipes!](#)
11. **Recipe #9** – [Overnight Oats](#)
12. **Recipe #10** – [Rainbow Fruit Skewers](#)
13. **Recipe #11** – [Fun Flatbread Pizza!](#)
14. **Recipe #12** – [Simple and Easy and Delicious Zesty Bean Dip](#)
15. **Recipe #13** – Get creative with [Banana Sushi!](#)
16. **Recipe #14** – [Good Morning Egg Roll-Up](#)
17. **Recipe #15** – [Muffin-Tin Egg Bites](#)
18. **Recipe #13** – [No-Bake Granola Bars](#)
19. **Recipes** → Check out all sorts of GREAT [recipes from Canada's Food Guide](#)
20. **Make up your own recipe and send it to me!**

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21. **Cooking with Special Olympics Ontario Athlete Chefs** – [Click here for 3 delicious recipes to try!](#)
22. **Health Education** – Read the [Nutrition and Food Section of the Fit 5 Guide](#) (start on page 22) – email Marlow if you have any questions about the guide
23. Check out the [Fit 5 Guide](#) and learn about nutrition, hydration and physical activity!