

Team SONC USA Games Fitness & Nutrition Challenge

To continue to nurture the spirit of competition and help motivate improving fitness and nutrition we will be challenging coaches and athletes and keeping a leader board for the following:

- Hydration Leaders (Greatest amount of water consumed)
- Step Leaders (Greatest number of steps taken)
- Improved Fitness Leaders (Greatest percent of improvement of [fitness re-tests](#))
- Soda Challenge Leaders (Those who have cut soda)
- Healthy Habits Leaders (Greatest amount of accumulated points)

***Prizes will be given out to the top five of each leader board every month.**

Tracking & Reporting Healthy Habits

We are asking all coaches to do a bi-weekly check in with their athletes to not only help us keep up-to-date data but also to encourage a regular check in to see how athletes are progressing/staying on track with fitness and nutrition goals.

We ask that coaches fill out the following [form](#) when they do their bi-weekly check in. The form will provide coaches with the questions needed to update the fitness and nutrition leader boards. Awards will be presented to the top five athletes of each leader board at the end of each month.

A good resource to help coaches and athletes keep track of their healthy habits is the [Weekly Exercise, Nutrition and Hydration Tracker](#) that was handed out at training camp. This can also be found on the [USA Games Health Resource](#) page on the SONC website.

Point System

Below is how we will be awarding points for healthy habit choices.

- Glass of water = **2 pts**
- Eating 5 fruits or vegetables in 1 day = **5 pts**
- Active day (e.g. practice, walk, dancing, gardening) = **5 pts**
- 30-minute walk/run (with all the walking that will happen at USA Games it is important to make sure athletes are at least getting out and walking if they can) = **5 pts**
- Completing fitness re-tests ([2 minute burpees and push-ups](#)) = **10 pts**

- Top 5 step leaders will be awarded points (monthly counts)

1st = **10 pts**

2nd = **9 pts**

3rd = **8 pts**

4th = **7 pts**

5th = **6 pts**

- Top 5 greatest improvements in fitness testing will be awarded points (burpees & push-ups)

1st = **10 pts**

2nd = **9 pts**

3rd = **8 pts**

4th = **7 pts**

5th = **6 pts**

- Soda Challenge

1 week without soda = **50 pts**

1 soda in a week = **20 pts**

2 sodas in a week = **10 pts**

Final Notes

It is important to set a good example for the athletes as they work towards their USA Games goals. We are looking to each coach to help set that example and ask that you participate in the challenges along with the athletes.

- Start mini competitions within your teams.
- Challenge the athletes to see if they can get more points than you or if you can get more points than them.

And remember it is good to have rest days so make sure that athletes know that as well.

This isn't meant to be a punishment or a burden so keep it light and fun!

GO TEAM SONC!!