



Calling All Athletes!

*Thank you for doing your part to prevent the spread of coronavirus
by staying home and staying healthy!*

We've got a challenge for YOU!



















Join us in our Online 8-Week Fitness Challenge to stay in shape and healthy!

Here's How...

- ★ Get in touch with your Coach or Program Coordinator to sign up!
- ★ Use our fun workout plans to add fitness into your daily routines
- ★ Complete your fitness tracker to show your progress and earn stars toward your medal
- ★ Submit all fitness trackers to receive your medal!



Your Path to the Podium...

TO EARN...	WEEKLY GOAL	FINAL GOAL
 BRONZE Medal	2 Stars <i>Average Each Week</i>  	10 TOTAL Stars by the end of the challenge
 SILVER Medal	3 Stars <i>Average Each Week</i>   	20 TOTAL Stars by the end of the challenge
 GOLD Medal	4 Stars <i>Average Each Week</i>    	30 TOTAL Stars by the end of the challenge
 GOLD + Medal	5 Stars <i>Average Each Week</i>     	40 TOTAL Stars by the end of the challenge <i>to be entered to win an extra SOVT prize!</i>



#Cheer4SOVT