



Healthy Lifestyles Report Form

Name: _____

Local Program: _____

A report form must be filled out following completion of the leadership opportunity and sent to Athlete Leadership Coordinator, Jordan Schubert at: jschubert@specialolympicspa.org via email.

OR

Attention: Jordan Schubert, 2570 Boulevard of the Generals, Suite 124, Norristown, PA 19430 via mail.

Health and Fitness Coordinator

- Create a year round health and fitness club and communicate activities via social media (i.e. Facebook and/or Twitter), e-mail blast, local program newsletter; etc.
- Provide healthy menu input at local program competitions.
- Optional: Help the local program partner with health and fitness organizations.

Volunteer / Offer Healthy Habits

Optional: Volunteer as Healthy Athlete Assistant

Health and Fitness Club Summary Report Form

Date:	Health and / or Fitness Activity:	Approximate number of participants:	How did you spread the word: (i.e. social media, e-mail blast, local program newsletter; etc)

Please submit the Health and Fitness Club Summary Report Form every 6 months.

Healthy Menu Summary Report Form

Date:	Event:	Approximate number of participants:	What menu recommendations that you made were served at the event:

Please submit the Healthy Menu Report Form immediately following the event.

Healthy Habits Event Summary Report Form

Role: (Volunteer or Host)	
Event:	
Event Date:	
Approximate number of athletes registered for competition:	
Healthy Habits Topic:	Nutrition
	Hydration
	Physical Activity
Number of Healthy Habits Volunteers:	

Additional comments on what went well or challenges of this Healthy Habits Station:

Please submit the Healthy Habits Summary Report Form immediately following the event.