



## **FIT 5**

Athletes want to perform their best at every competition. They can do this by being fit.

Fit 5 is a plan for physical activity, nutrition, and hydration. It can improve athletes health and fitness to make them the best athlete that they can be.

## **GOALS OF FIT 5:**

- EXERCISE 5 days a week.
- EAT 5 total fruits and vegetables per day.
- DRINK 5 water bottles per day.

## **FIT 5 RESPONSIBILITIES:**

- As a coach take time out of each weeks training to discuss physical activity, nutrition, and hydration as a team.
- As a coach discuss goal setting techniques. Encourage and assist athletes to set a SMART Personal Best Goal 3 times throughout the training season. Personal Best is dependent on what type of sport (individual or team):
  - Individual Sport – Measureable trials.
  - Team Sport – Individual skill(s) assessment from Special Olympics International Sport Rules.

- As a coach submit Personal Best Tracking to the Special Olympics Pennsylvania Director of Programming Projects via email. It will only be accepted electronically!
  - As a coach, you are not required to submit anything additional besides from the Personal Best Tracking.
  - Following submission of Personal Best Tracking, coach(es) who implemented Fit 5 will be enrolled to the Training and Progress Plan.
- As an athlete complete daily tracking.
- Each week the team will discuss athlete's daily tracking progress as coaches want to hear their victories and defeats!
- As an athlete AND coach, review Personal Best Tracking results at the completion of the training season.

## **FIT 5 OUTCOMES:**

- Health / wellness culture which equates to a better quality of life and athletes living longer.
- Health is infused into the movement.

**You need at least 8 weeks to implement Fit 5, as a coach you must [sign-up](#) to receive the training and materials.**