



I AM A FIT ATHLETE



Special Olympics

Health

MADE POSSIBLE BY **Golisano** FOUNDATION

Date: _____

Practice focus: _____

Warm Up _____ minutes

Aerobic

Dynamic Stretches

Basics and Conditioning

Transition: _____

Drills/Skill Building _____ minutes

Notes: _____

Transition: _____



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Health

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Game Play

____minutes

Notes: _____

Cool Down:

____minutes

Fitness Lesson of the Day: _____

Tips/Reminders for Athletes: _____

