



Frequently Asked Questions

Contact SOHC office for any questions! Biz.goslee@specialolympics-hc.org

Q: Do I have to turn in my Fit5 Fitness Tracker the same time every week/month?

A: No! Please turn in your Fit5 Fitness Tracker whenever it is easiest for you. You can gather a couple weeks together and submit multiple trackers at one time.

Q: How do I turn in my Fit5 Fitness Tracker?

A: You will be assigned a team captain that will be checking in with you, and they will ask you to turn it into them.

Q: What happens if I miss a day? Do I have to start over?

A: No, you do not have to start over. The Challenge is counted by days and they do not need to be consecutive. Example: You complete 70 days of the Challenge over a six month period, you would be considered a Fitness Specialist.

Q: What counts as exercise?

A: Exercise is physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body used to improve health and maintain fitness.

Q: Where can I find Fit5 resources?

A: On our website under Healthy Athletes

Q: Do practices and competitions count towards daily exercise?

A: Yes! When we start practices all practices and competitions count as activity, even programs that are not Special Olympics related.