



**#ReachYourPEAKab**  
**OCTOBER 19 -**  
**DECEMBER 11**  
**2020**

**PEAK**  
**P R O G R A M**

PEAK (Provincial  
Exercise & Activity  
Knockout Challenge)  
Program Toolkit

**Special Olympics**  
Alberta





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# PEAK Program

We are excited to announce PEAK (Provincial Exercise and Activity Knockout) Program, an eight-week virtual fall program open to all Special Olympics Alberta athletes. Each week, athletes will be challenged to hit their selected fitness goals, attend two virtual workout sessions for the body and the mind, complete their BINGO card, and participate in a variety of fun activities.

Each Monday, we will have a session to maximize your health and/or your mind. And each Wednesday, we will have a virtual workout delivered by coaches, athletes, and volunteers from across the province. There will be additional activities and resources as well, but additional information about this program will be rolled out in the weekly Healthy at Home newsletter and will be available on our website on October 7<sup>th</sup>:

<http://www1.specialolympics.ab.ca/get-involved/peak-program/>

## Registration

The PEAK Program challenges athletes to pick a fitness goal (see below) that they must aim to achieve each week. As an athlete, you can participate as an individual or on a team, but your fitness level goal is to be completed as an individual.

The PEAK Program will begin on Monday, October 19 and finish on Friday, December 11 - that's 8 weeks of fitness and fun! The goal of the program is to ensure that all athletes across the province have access to programming, no matter what their Affiliate can offer during these challenging times.

To get started, you will need to fill out the registration form, indicate your preference for fitness goals, and choose whether you want to participate as an individual or as part of a team.

**INDIVIDUAL REGISTRATION:** If you want to participate as an individual, please select the individual option when registering. Easy peasy!

**TEAM REGISTRATION:** If you want to participate on a team, choose the team option when registering. You can select which team you want to participate with by visiting this link - <https://bit.ly/36kmLsh> - and seeing who else has signed up for that team. Each team has a maximum of 6 available slots, so you should try to select your team as soon as possible.

Registration Link: <https://bit.ly/34bsONg>

For anyone experiencing registration issues, please contact Justin at [registration@specialolympics.ab.ca](mailto:registration@specialolympics.ab.ca).



# Reach Your PEAK

Staying connected is one of the core components of the PEAK Program and, to do so, we are asking athletes to join our PEAK Program Facebook group and sign up for our weekly #SOAHealthyAtHome newsletter.

**Facebook Group:** <https://www.facebook.com/groups/soapeakprogram>

Our Facebook group is our dedicated home base for athletes to connect with each other, share their updates, post their social media challenge posts, and encourage their teammates. Bonus workouts and activities will also be shared here, so check back often and stay connected!

**SOA Healthy at Home Newsletter:** <https://mailchi.mp/specialolympics.ab.ca/healthyathome>

The #HealthyatHome newsletter will be your source for information, virtual session announcements, and fun activities planned for the PEAK Program each week.

## PEAK Program Fitness Level Goals

*Everest* – 420+ minutes of exercise per week

*Kilimanjaro* – 315 to 420 minutes of exercise per week

*Matterhorn* – 210 to 315 minutes of exercise per week

*Mount Robson* – 140 to 210 minutes of exercise per week

\* Choose the weekly activity goal that fits your comfort level. If you have been active all summer, Everest or Kilimanjaro may be a better option for you. If you are looking to get back into training, try Matterhorn or Mount Robson. \*

There is no limitation on how you choose to exercise to obtain your weekly fitness goals. We do, however, suggest that you follow the Fit 5 Activity Guide, live workout sessions, bingo cards, or any of the Healthy at Home virtual programs like Walk the World with Me (**see “Exercise Resources”**).



## Point System

Throughout the Program, you will earn points for all the PEAK activities and workouts you participate in. Earning points will help you stay on track with your fitness goals, support your team, and you could also be eligible to win a prize pack if you collect the most points!

Here's how you earn points:

**100 points** for completing your weekly fitness goal (Everest, Kilimanjaro, Matterhorn, Mount Robson)

**50 points** if everyone on your team completes their weekly goal

Complete your weekly bingo card and earn:

**10 point** – completing 4 corners

**20 points** – completing a line

**30 points** – completing I-N-G columns

**50 points** – completing full card\*

*\*Please note that 50 is the **maximum** number of points you can earn for completing your bingo card each week.*

Bingo cards will be posted to the website, shared in the weekly SOA Healthy at Home newsletter, and will be available on the private Facebook group.

**25 points** for every Facebook Live/Zoom session and/or dance attended. After attending a session, you will be given the secret word that you can submit at the end of each week when filling out your weekly tracking form (see **“Tracking Your Climb to the PEAK”**).

**15 points** for participating in the weekly social media challenge. This challenge will be shared every week in the Facebook group as well as in the Healthy at Home newsletter. For those that do not have social media, submissions can be emailed in to Kiefer at [ksutherland@specialolympics.ab.ca](mailto:ksutherland@specialolympics.ab.ca).

**BONUS** activities will be scheduled throughout the Program and will be assigned a bonus point value. These activities will be shared in the closed Facebook group and in the SOA Healthy at Home newsletter.



# Tracking Your Climb to the PEAK

There are two ways to track your journey to the PEAK this fall:

1. Athletes with online access will be able to fill out a weekly tracking form here: <https://bit.ly/30kLfOr>

\*Please note that athletes submitting online must complete the form by Sunday night at the latest each week

2. Athletes using the toolkit will be able to use the weekly fitness tracking sheets provided on pages 11-12. Extra sheets can be printed from here: <http://www1.specialolympics.ab.ca/get-involved/wp-content/uploads/sites/4/2020/10/PEAK-Program-Weekly-Fitness-Tracker.pdf>

**Coaches:** For any coaches looking to connect with their athletes to chat about their progress or weekly goals, we recommend Zoom. To learn more about how you can connect, please read the following document:

<https://www.specialolympics.ca/sites/default/files/Zoom%20Connects.pdf>.

For any coaches interested in booking a time slot on the SOA Zoom account, please fill out the following form: <https://bit.ly/2KHogox>.

While this Program targets our Alberta athletes, coaches and volunteers are also welcome to participate as either a team mentor or motivator! Coaches/volunteers can register the same way as athletes, join their respective team, and then connect with their athletes to help them reach their weekly goals.



# Sharing Your Climb to the PEAK

Part of the fun of reaching your PEAK is sharing your successes with your friends! That's why we're excited to have the closed Facebook group as part of this program.

All participants will be encouraged to share their successes and encourage others to reach their own goals. Only members of the PEAK Program will be allowed to join the group to help maintain the camaraderie amongst the participants, encourage sharing, and to promote positive vibes only.

Join the group and get connected: <https://www.facebook.com/groups/soapeakprogram>

Use **#ReachYourPEAKab** in your social media posts to promote your climb to the PEAK. We also encourage you to create a hashtag for your specific team to cheer each other on. (For example, Team Grizzly might want to use **#PEAKGrizzly**.)

## What to post:

- Updates on your progress
- Photos/videos of you exercising
- The weekly social media challenge
- Words of encouragement for others



# Weekly Virtual Workouts

Every Monday night from 7 p.m. to 8 p.m. we will have a session focusing on maximizing your health and/or your mind. And each week we will have a virtual workout delivered by coaches and volunteers from across the province.

You do not need to attend online sessions to take part in the PEAK Program, but it is highly encouraged and will contribute to your points!

As we mentioned above, there will be additional activities and resources added in the coming weeks. This and other additional information will be shared in the Healthy at Home newsletter and will be available on our website.

## Event Schedule

Facebook Live Strength Training Sessions:

**Oct. 21** 7-8 p.m.

**Oct. 28:** 7-8 p.m.

**Nov. 4:** 7-8 p.m.

**Nov. 12:** 7-8 p.m.

**Nov. 18:** 7-8 p.m.

**Nov. 25:** 7-8 p.m.

**Dec. 2:** 7-8 p.m.

**Dec. 9:** 7-8 p.m.

Maximum Monday Sessions:

**Every Monday** 7 p.m. – 8 p.m.

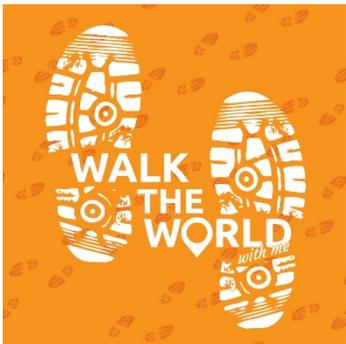
**October 29:** Halloween themed dance

**December 11:** Christmas themed dance



# Exercise Resources

## WALK THE WORLD WITH ME



Join the [Walk The World With Me Challenge](#): Walk daily indoors or outdoors and keep track of how many minutes you walk.

You can submit a one-time entry, create an individual page OR create a team.

Encourage your fellow athletes, family and friends to join the challenge!

## FIT 5 GUIDE, FITNESS CARDS, & WORKOUT VIDEOS

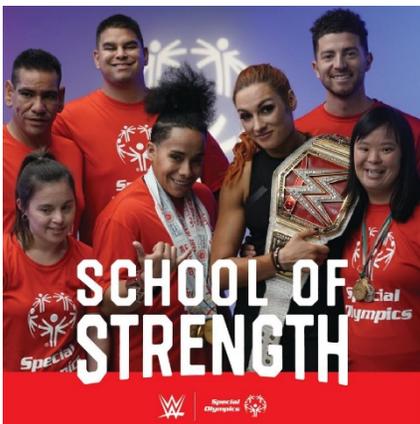


While athletes are able to reach their physical activity goals through any form of exercise, we encourage athletes to utilize the [FIT 5 program](#).

FIT 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

[FIT 5 Guide](#) | [Fitness Cards](#) | [Workout Videos](#)

## SCHOOL OF STRENGTH



School of Strength introduces a whole new way to exercise, featuring WWE Superstar Becky Lynch.

Work out with the videos on the [School of Strength website](#) **five times a week** to help you stay fit and reach your athletic goals.

Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one.

[Videos](#) | [Fitness Tracker](#)



## HEROES RUNNING FOR HEROES



Athletes looking to get involved with Law Enforcement Torch Run this fall can participate in [Heroes Running for Heroes!](#)

Since the run is virtual, athletes wanting to run or walk your own course of either 5 km or 10 km can do so any time between October 24 - 31, 2020. All participants are encouraged to complete their run in their favourite Halloween costume!

Once you have completed your distance, you can email your time along with a screenshot of your tracking device and a photo of you running in costume by midnight on October 31, 2020 to [Edmonton.albertatorchrun@gmail.com](mailto:Edmonton.albertatorchrun@gmail.com).

Any athlete participating in the PEAK Program will be allowed to join for **FREE**.

## Additional Resources

### HOW TO DO PHYSICAL DISTANCING

|   |   |   |
|---|---|---|
| <p>Stay HOME as much as possible!<br/>Do not go out if you are not feeling well</p> | <p>When Outside<br/>Do not touch rails, benches or play equipment</p> | <p>If you are around people you do not live with stay 6 feet apart<br/>(about the distance of a couch that has 3 seats)</p> |
| <p>Stay away from crowds</p>  | <p>Cough or sneeze in your elbow please!</p>                          | <p>Wash your hands with soap &amp; hot water<br/>(for 20 sec, sing 1 happy birthday twice)</p>                              |

Healthy @ Home

### CREATE A SAFE AREA TO WORKOUT AT HOME

|  |   |   |
|--|---|---|
| <p>Workout with bare feet OR Wear Running Shoes</p>            | <p>Make sure there are no electrical cords running across the area where you are exercising</p> | <p>Don't trip or slip<br/>Clear the area of all hazards</p> |
| <p>Make sure you have about 6 feet by 4 feet of open space</p> | <p>If you are wearing shoes make sure the laces are tied!</p>                                   | <p>Drink lots of water!</p>                                 |

Healthy @ Home



**Healthy @ Home**



# Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: \_\_\_\_\_

|   | SUNDAY                                    | MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                    | SATURDAY                                  |
|---|---|---|---|---|---|---|---|
| <p><b>Exercise</b></p> <p>Check box if you exercised today!</p> <p>Write in the number of minutes</p> | <input type="checkbox"/><br><hr/> Minutes |
| <p><b>Nutrition</b></p> <p>How many total fruits and vegetables?</p>                                  | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               |
| <p><b>Water</b></p> <p>How many bottles (16oz) of water did you drink?</p>                            | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               | ○ ○ ○ ○ ○ ○                               |

Fill in the star if you reached your Fit 5 goal this week:

Exercise 

Nutrition 

Water 

# Yearly Exercise, Nutrition and Hydration Tracking

Use this tracking sheet to help you track your Fit 5 goals. Fill in the **orange** star if you exercised 5 days that week. Fill in the **pink** star if you ate at least a total of 5 fruits/vegetables each day that week. Fill in the **blue** star if you drank at least 5 bottles (16oz/500mL) of water each day that week.

|           |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------|----|----|----|----|----|----|----|----|----|----|----|----|
| WEEK:     | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| Exercise  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Nutrition | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Water     | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| WEEK:     | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Exercise  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Nutrition | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Water     | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| WEEK:     | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 |
| Exercise  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Nutrition | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Water     | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| WEEK:     | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| Exercise  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Nutrition | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| Water     | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  | ☆  |
| WEEK:     | 49 | 50 | 51 | 52 |    |    |    |    |    |    |    |    |
| Exercise  | ☆  | ☆  | ☆  | ☆  |    |    |    |    |    |    |    |    |
| Nutrition | ☆  | ☆  | ☆  | ☆  |    |    |    |    |    |    |    |    |
| Water     | ☆  | ☆  | ☆  | ☆  |    |    |    |    |    |    |    |    |

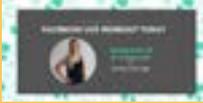
# SOA PEAK PROGRAM

## BINGO WEEK ONE

| B  | I   | N   | G   | O   |
|--|---|---|---|---|
| <p>Do 15 push-ups or modified push-ups (2x per week)</p>  | <p>Do 15 squats (2x per week)</p>                                        | <p>Work out to <a href="#">School of Strength Video 1</a></p>  | <p>Dance to your favorite song</p>                            | <p>Post a workout selfie and tag #ReachYourPeakAB</p>                |
| <p>Enjoy a healthy snack</p>                              | <p>Participate in SO live workout on Facebook</p>                        | <p>Visit the PEAK Program <a href="#">Website</a></p>         | <p>Wear your favorite SO t-shirt while you workout</p>       | <p>Participate in Mindfulness Monday Live Session</p>               |
| <p>Take a 30 minute walk, jog or run</p>                | <p><a href="#">Sign up</a> for the SOA Healthy at Home newsletter</p>  | <p>FREE SPACE</p>   | <p>Do 15 jumping jacks (2x per week)</p>                     | <p>Drink 5 bottles of water in one day</p>                         |
| <p>Hold a 30 second plank (2x per week)</p>             | <p><a href="#">Wash your hands</a> for 20 seconds</p>                  | <p>Eat 5 total fruits and vegetables in one day</p>          | <p><a href="#">Sign up</a> for the PEAK Facebook Group</p>  | <p>Work out to <a href="#">Strength Level 1 Fitness Video</a></p>  |

# SOA PEAK PROGRAM

## BINGO WEEK TWO

| B   | I  | N   | G  | O  |
|---|--|---|--|--|
| <p>Do 15 bicycles (2x per week)</p>                          | <p>Do 15 mountain climbers (2x per week)</p>                          | <p>Enjoy a phone conversation with a friend</p>        | <p>Complete this Yoga session on <a href="#">SOA-Calgary's Facebook</a></p>  | <p>Share a picture of your Halloween costume on the Facebook</p>  |
| <p>Try a new healthy recipe!</p>                             | <p>Participate in a SO live workout on Facebook</p>                   | <p>Participate in Heroes Running for Heroes</p>        | <p>Attend our Halloween themed Dance!</p>                                     | <p>Participate in Mindfulness Monday Live Session</p>            |
| <p>Take a 35 minute walk, jog or run</p>                   | <p>Do a 20 second wall sit (2x per week)</p>                        | <p><b>FREE SPACE</b></p>  | <p>Do 15 sit ups (2x per week)</p>    | <p>Drink 5 bottles of water in one day</p>                      |
| <p>Submit your walking distances on Walk the World SO</p>  | <p>Recommend your favourite Halloween song on FB for the dance</p>  | <p>Eat 5 total fruits and vegetables in one day</p>  | <p>Do 30 seconds of frog jumps (2x per week)</p>                           | <p>Do 10 shoulder shrugs (2x per week)</p>                      |

# SOA PEAK PROGRAM BINGO WEEK THREE

| B  | I  | N  | G  | O   |
|--|--|--|--|---|
| <p>Do 20 push-ups or modified push-ups (2x per week)</p>  | <p>Do 20 squats (2x per week)</p>   | <p>Work out to <a href="#">School of Strength Video 2</a></p> <p><b>SCHOOL OF STRENGTH</b></p>  | <p>Do 20 leg-ups (2x per week)</p>                                | <p>Complete the weekly PEAK Program Social Media Challenge</p>       |
| <p>Enjoy a healthy snack</p>                              | <p>Participate in SO live workout on Facebook</p> <p><i>Special Olympics Alberta</i></p>  | <p>Try a new physical activity or practice your favourite sports drill</p>                      | <p>Comment words of encouragement on another athlete's post</p>  | <p>Participate in Mindfulness Monday Live Session</p>               |
| <p>Walk, jog or run for 40 minutes this week</p>        | <p>Brainstorm ideas for the SOA Christmas Card Challenge</p>                            | <p><b>FREE SPACE</b></p>   | <p>Do 30 jumping jacks (2x per week)</p>                        | <p>Drink 5 bottles of water in one day</p>                         |
| <p>Hold a 40 second plank (2x per week)</p>             | <p>Share your favourite song in the Facebook group</p>                                  | <p>Eat 5 total fruits and vegetables in one day</p>   | <p>Do 20 lunges (2x per week)</p>                               | <p>Work out to <a href="#">Strength Level 2 Fitness Video</a></p>  |

# SOA PEAK PROGRAM

## BINGO WEEK FOUR

| B   | I  | N  | G   | O   |
|---|--|--|---|---|
| <p>Do 25 bicycles (2x per week)</p>    | <p>Do 25 mountain climbers (2x per week)</p>                            | <p>Enjoy a phone conversation with a family member</p>          | <p>Complete this dance workout on <a href="#">SOA-Calgary's Facebook</a></p>  | <p>Share a motivational quote for your teammates / friends #ReachYourPeakAB</p>  |
| <p>Try a new healthy recipe!</p>   | <p>Participate in a SO live workout on Facebook</p>                     | <p>Share 2 minutes of silence in honour of Remembrance Day</p>  | <p>Share a clip of your favourite dance move!</p>                              | <p>Participate in Mindfulness Monday Live Session</p>                           |
| <p>Walk, jog or run 45 minutes this week</p>                               | <p>Do a 30 second wall sit (2x per week)</p>                          | <p><b>FREE SPACE</b></p>   | <p>Do 20 sit ups (2x per week)</p>    | <p>Drink 5 bottles of water in one day</p>                                     |
| <p><a href="#">Submit</a> your walking distances on Walk the World SO</p>  | <p>Share your favourite singer or artist with the Facebook Group</p>  | <p>Eat 5 total fruits and vegetables in one day</p>           | <p>Do 35 seconds of frog jumps (2x per week)</p>                            | <p>Do 15 shoulder shrugs (2x per week)</p>                                     |

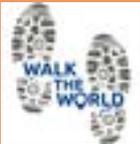
# SOA PEAK PROGRAM

## BINGO WEEK FIVE

| B  | I  | N  | G  | O   |
|--|--|--|--|---|
| <p>Do 25 push-ups or modified push-ups (2x per week)</p>  | <p>Do 25 squats (2x per week)</p>   | <p>Work out to <a href="#">School of Strength Video 3</a></p> <p><b>SCHOOL OF STRENGTH</b></p>  | <p>Do 25 leg-ups (2x per week)</p>          | <p>Share a selfie of you at the SOA Virtual Awards Night!</p>        |
| <p>Enjoy a healthy snack</p>                              | <p>Participate in SO live workout on Facebook</p> <p><i>Special Olympics Alberta</i></p>  | <p>Attend the SOA Virtual Awards Ceremony</p>    | <p>Paint or draw a picture!</p>            | <p>Participate in Mindfulness Monday Live Session</p>                |
| <p>Walk, jog or run for 1 hour this week</p>            | <p>Share your thoughts on PEAK so far and your major goal for the next 4 weeks</p>      | <p><b>FREE SPACE</b></p>   | <p>Do 45 jumping jacks (2x per week)</p>  | <p>Drink 5 bottles of water in one day</p>                         |
| <p>Hold a 50 second plank (2x per week)</p>             | <p>Share your favourite live session so far in the Facebook Group</p>                   | <p>Eat 5 total fruits and vegetables in one day</p>   | <p>Do 25 lunges (2x per week)</p>         | <p>Work out to <a href="#">Strength Level 3 Fitness Video</a></p>  |

# SOA PEAK PROGRAM

## BINGO WEEK SIX

| B   | I   | N  | G  | O  |
|---|---|--|--|--|
| <p>Do 30 bicycles (2x per week)</p>                          | <p>Do 30 mountain climbers (2x per week)</p>                         | <p>Zoom with family and friends to stay connected!</p>                | <p>Complete this yoga session on <a href="#">SOA-Calgary's Facebook</a></p>  | <p>Complete the weekly PEAK Program Social Media Challenge</p>  |
| <p>Try a new healthy recipe!</p>                             | <p>Participate in a SO live workout on Facebook</p>                  | <p>Try a new sport like anything from skateboarding to quidditch</p>  | <p>Share a thank you with someone who has motivated you throughout PEAK</p>  | <p>Participate in Mindfulness Monday Live Session</p>          |
| <p>Walk, jog or run 1 hour and 15 minutes this week</p>    | <p>Do a 45 second wall sit (2x per week)</p>                       | <p><b>FREE SPACE</b></p>   | <p>Do 25 sit ups (2x per week)</p>   | <p>Drink 5 bottles of water in one day</p>                    |
| <p>Submit your walking distances on Walk the World SO</p>  | <p>Share your favourite YouTube workout video on the FB group</p>  | <p>Eat 5 total fruits and vegetables in one day</p>                 | <p>Do 45 seconds of frog jumps (2x per week)</p>                           | <p>Do 25 shoulder shrugs (2x per week)</p>                    |

# SOA PEAK PROGRAM BINGO WEEK SEVEN

| B  | I  | N  | G   | O  |
|--|--|--|---|--|
| <p>Do 30 push-ups or modified push-ups (2x per week)</p>  | <p>Do 30 squats (2x per week)</p>   | <p>Work out to <a href="#">School of Strength Video 4</a></p> <p><b>SCHOOL OF STRENGTH</b></p>  | <p>Do 30 leg-ups (2x per week)</p>                                 | <p>Share a photo of your favourite winter character and/or movie</p>  |
| <p>Enjoy a healthy snack</p>                              | <p>Participate in SO live workout on Facebook</p> <p><i>Special Olympics Alberta</i></p>  | <p>Submit your entry for the SOA Christmas Card Contest</p>                                     | <p>Work out to <a href="#">Strength Level 4 Fitness Video</a></p>  | <p>Participate in Mindfulness Monday Live Session</p>                |
| <p>Walk, jog or run for 1.5 hours this week</p>         | <p>Write a letter or email and send it to a new penpal</p>                              | <p><b>FREE SPACE</b></p>   | <p>Do 60 jumping jacks (2x per week)</p>                         | <p>Drink 5 bottles of water in one day</p>                          |
| <p>Hold a 1-minute plank (2x per week)</p>              | <p>Share your favourite live session so far in the Facebook Group</p>                   | <p>Eat 5 total fruits and vegetables in one day</p>   | <p>Do 50 lunges</p>    | <p>Work out to <a href="#">Strength Level 5 Fitness Video</a></p>   |

# SOA PEAK PROGRAM BINGO WEEK EIGHT

| B  | I   | N  | G  | O   |
|--|---|--|--|---|
| <p>Do 35 bicycles (2x per week)</p>                                 | <p>Do 35 mountain climbers (2x per week)</p>                                     | <p>Fill out the post-PEAK survey to provide feedback</p>  | <p>Complete this yoga session on <a href="#">SOA-Calgary's Facebook</a></p>  | <p>Complete the final PEAK Program Social Media Challenge</p>  |
| <p>Try a new healthy recipe!</p>                                    | <p>Participate in a SO live workout on Facebook</p>                              | <p>Congratulate others on reaching the PEAK!</p>         | <p>Attend our Christmas-themed dance!</p>                                     | <p>Participate in Mindfulness Monday Live Session</p>         |
| <p>Walk, jog or run 2 hours this week</p>                         | <p>Do a 1-minute wall sit (2x per week)</p>                                    | <p><b>FREE SPACE</b></p>   | <p>Do 30 sit ups (2x per week)</p>    | <p>Drink 5 bottles of water in one day</p>                   |
| <p><b>Submit</b> your walking distances on Walk the World SO</p>  | <p>Share a thank you video with all the instructors from the PEAK Program</p>  | <p>Eat 5 total fruits and vegetables in one day</p>     | <p>Do 60 seconds of frog jumps (2x per week)</p>                           | <p>Do 35 shoulder shrugs (2x per week)</p>                   |