



40 HOUR CHALLENGE

HOW IT WORKS!

Timeline:

Start Date: Thursday, May 1st 2025 -

End Date Monday, June 30th 2025

What is it?:

The Special Olympics Wyoming 40 Hour Challenge is a challenge to the state of Wyoming to get moving to start the summer! It challenges people to exercise for 40 hours over 2 months, to get outside, and get active! Let's get moving this summer! Will you take on the challenge?

How does it work?:

Just start getting active during the summer and track your exercise time via pedometer/timer, an app or using the printable e-tracking challenge calendars provided. Once you hit the 40 hour goal, fill out the online form with your total hours, t-shirt size (for Special Olympics Wyoming athletes), location, team name and additional experience specific questions. Have more hours to add after you submit? No worries, you can fill out the form with additional time to add to your total. Find the submission form from the following link: bit.ly/wyfitchallenge.

Are there incentives?:

All persons that complete the challenge will receive a certificate of completion, as well as your name and acknowledgement on the SOWY social media channels. All Special Olympics Wyoming athletes that complete the challenge will receive a 40 Hour Challenge Logo t-shirt at no cost, to be distributed at the 2025 State Fall Tournament. (If you cannot attend, an alternative will be provided).

How can I interact with others who are taking on the challenge?:

Join the 40 hour challenge Facebook Group available from the SOWY Facebook page and interact with others who taking on the challenge. Follow the SOWY Facebook and Instagram accounts for all challenge updates.

Questions? Email Director of Communications & Special Programs Gabriel Lattimer, glattimer@specialolympicswy.org or call at (307)235-3062.





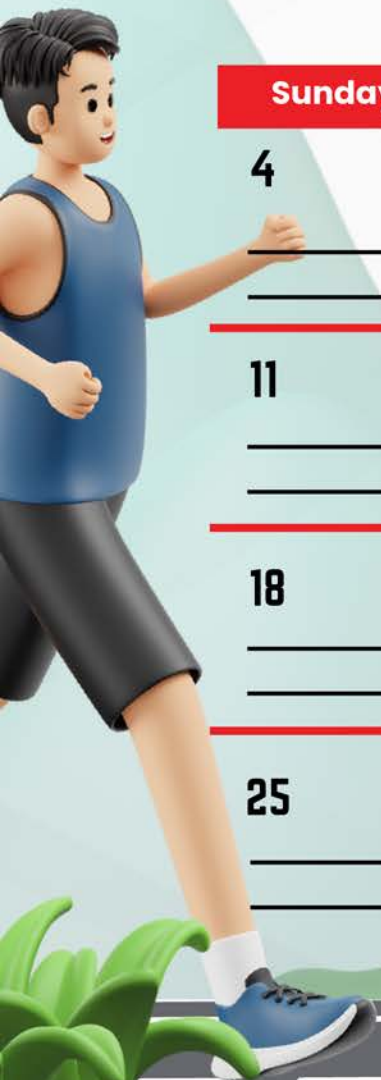
MAY 2025

TIME TRACKER

40 Hour Challenge Tracking

This is a personal tracker of your hours/time for the 40 Hour Challenge. Upon reaching the challenge goal you can submit your hours from the form here: bit.ly/wyfitchallenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ _____	2 _____ _____	3 _____ _____	4 _____ _____	5 _____ _____	6 _____ _____	7 _____ _____
8 _____ _____	9 _____ _____	10 _____ _____	11 _____ _____	12 _____ _____	13 _____ _____	14 _____ _____
15 _____ _____	16 _____ _____	17 _____ _____	18 _____ _____	19 _____ _____	20 _____ _____	21 _____ _____
22 _____ _____	23 _____ _____	24 _____ _____	25 _____ _____	26 _____ _____	27 _____ _____	28 _____ _____
29 _____ _____	30 _____ _____	31 _____ _____				





JUNE 2025

TIME TRACKER

40 Hour Challenge Tracking

This is a personal tracker of your hours/time for the 40 Hour Challenge. Upon reaching the challenge goal you can submit your hours from the form here: bit.ly/wyfitchallenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 _____ _____	2 _____ _____	3 _____ _____	4 _____ _____	5 _____ _____	6 _____ _____	7 _____ _____
8 _____ _____	9 _____ _____	10 _____ _____	11 _____ _____	12 _____ _____	13 _____ _____	14 _____ _____
15 _____ _____	16 _____ _____	17 _____ _____	18 _____ _____	19 _____ _____	20 _____ _____	21 _____ _____
22 _____ _____	23 _____ _____	24 _____ _____	25 _____ _____	26 _____ _____	27 _____ _____	28 _____ _____
29 _____ _____	30 _____ _____					





LIST OF **SUGGESTED** ACTIVITIES

40 Hour Challenge Tracking

Use the personal tracker of your hours/time for the 40 Hour Challenge. Upon reaching the challenge goal you can submit your hours from the form here: bit.ly/wyfitchallenge



Indoor Activities

- Set up Just Dance on a gaming console or from Youtube and follow along, these can be modified if seated.
 - Listen to music or watch your favorite tv show/movie while on a treadmill or elliptical.
- Organize a game of basketball or indoor soccer at the local community or fitness center.
- Find an online workouts from Special Olympics on YouTube focusing on Endurance: Find the playlist from the link here: bit.ly/80milefit5
- Go on a walk in a local mall or indoor plaza.
- Participate in classes or swim in a pool most are also accessible for wheelchair users.

Outdoor Activities (Wear Sunscreen)

- Organize a safe route and gather a group to go on a hiking adventure.
- Take laps around the block a few times a day and use an online map to find the projected timing of your route.
- Visit a nearby park and walk your local walking paths. Listen to music or an e-book or just enjoy the sounds of nature. If you use a wheelchair, stroll around your neighborhood or local park in your wheelchair for a set amount of time.
- Check with your local recreation center to see if they offer fun summer activities.
- Visit with friends at the local track and go around the track timing each lap.





TRACKING YOUR HOURS/TIME

40 Hour Challenge Tracking

This is a personal tracker of your hours/time for the 40 Hour Challenge. Upon reaching the challenge goal you can submit your hours from the form here: bit.ly/wyfitchallenge

To track your hours or exercise time, you can use a stopwatch, an alarm clock, a smartphone app, or even a smartwatch (like a Fitbit) that tracks activity. Some key options for tracking hours and exercise time:

Stopwatch: A classic device that can count time elapsed from the start time of your workout to the end of your workout.

Alarm Clock: A clock that you can program to alarm you after a certain amount of time.

Fitness tracker (like Fitbit): A wristband or watch that tracks steps, distance, heart rate, and other activity metrics.

Smartphone app: Many apps like Pacer, Strava, Google Fit, or Apple Health can track your workouts/physical activity and provide a record to check later.

