Special Olympics
Healthy Athletes®

AZDDPC Year 3 Renewal Application

I. **Summary of current progress**

a. Project On-time Status

The project is on-time with all objectives. Further details are provided in section C below. SOAZ anticipates meeting all performance measures by the end of the grant period.

b. Feedback /Evaluation/ Efficacy

At this time, no pre- and post-BMI testing data is available for Year 2 of this project. However feedback remains positive about the course's positive effects. Presenter feedback includes:

- My students did a great job with the food label info, and also created a food label for the homemade applesauce we made in class, and compared it to store bought to see which was healthier.
- Students have been choosing healthy foods to eat during lunch. Students are able to identify that eating unhealthy food can cause weight gain and cause them to do bad in sports.
- Students weighed themselves and as a class we looked at the BMI (Body Mass Index) to see how many excess pounds they have. Students were shocked to know how overweight they were.
- I have noticed an increase in water bottles brought into the gym on a daily basis. This is telling me that students remembered what was taught about water consumption. Some students were not eating breakfast before coming to school, which made them very irritable and sluggish when they entered my PE class at 10:30am. I have noticed a significant change over the last few days, which hopefully means they are eating before getting to school.

c. Progress

Objective: *Special Olympics Arizona shall develop and implement strategies using innovative educational, training and support models to provide measurable interventions that reduce the risks of identified medical conditions resulting in beneficial life-style and coping changes, using culturally competent approaches.*

Performance Measure: *With special attention paid to schools in rural counties, SOAZ anticipates training 20 to 30 school nurses or athletic trainers in 2012, who will then teach Health Promotions to 250 to 300 students with intellectual disabilities.*

Progress: As of March 15th 2013 we have two nurses and 12 Special Education teachers who have been trained. Health Promotion is being used

in four rural locations: Benson, Wilcox, Sells, and Flagstaff and nine urban cities.

Performance Measure: *900 to 1,000 youth and adults with intellectual disabilities screened at Healthy Athletes events. Written referrals and post-screening communication provided.*

Progress: Since October 1, 2012, 709 screening shave been provided: Fall Games (Fit Feet-127, Fun Fitness- 113, Health Promo-128, and Special Smiles-239= 607); Flag Football (Fit Feet- 74 and Health Promo- 28= 102). Please see enclosed Summary Report from October 20, 2012 event.

Performance Measure: *400 or more athletes receive a free sports physical required for participation.*

Progress: 461 athletes have received free sports physicals.

Performance Measure: *SOAZ will provide nutrition and health education to coaches who can, in turn, provide this information to the athletes on a consistent basis.*

Progress: Since October 1st, 2012, 190 total students have participated in the Health Promotion health course. 14 students have finished the course. The majority of students will complete the course at the end of the school year (May-June 2013).

Objective: *Special Olympics Arizona shall develop reliable measurement tools to assess outcomes of activities with valid data presented as part of the project, with the goal of demonstrating positive increased knowledge on wellness issues, changed behaviors in wellness care that lead to better transition opportunities into adulthood, and other measurable outcomes as identified by the applicant.*

Performance Measure: *Educational health professionals will be provided with tracking tools to "grade" increased student knowledge in the class and to track improvements in weight and BMI.*

Progress: Health Promotions presenters continue to utilize the Weekly Reflections online tool to report on student's progress. Students are also tested after each lesson and then asked to reflect on what they learned. The DDPC Customer Satisfaction Survey is also being utilized upon Health Promotions Completion.

d. Barriers

In Year two we wanted to bring Healthy Athletes to rural areas, but many of the Clinical Directors could not travel because of their busy schedules. We are now recruiting and training more Clinical Directors right in rural areas.

e. Overall Target Measurement

We are focusing on Advocacy and System Change because these are the areas where we can have the most impact on the health of Arizonans with intellectual disabilities. By training the teachers and nurses who interact with this population daily, we are creating a statewide group of people who are aware of Health Promotion information and helping their students to live it.

II. Budget

Please see enclosed Budget Summary and Budget Narrative.

III. Support of AZDDPC Goals

Health Promotions classes and Healthy Athletes screenings support the AZDDPC goal of Empowerment of Information to Persons with developmental disabilities by providing health, nutrition, physical activity, safety and anti-smoking information to people with intellectual disabilities. This information empowers participants to make choices which improve health outcomes and the quality of their lives.

IV. Cultural Competency

The Special Olympics Arizona Health Promotions materials are written at a 5th Grade, or lower, reading level with multiple photographs and illustrations for visual learners. The language is simple and information is accessible while still retaining key points. The lessons are age appropriate because they are targeted at and delivered to older teens and adults. Lessons allow for class interaction and feedback so that individual experiences can be addressed and validated. Several teachers have consulted with Sheri Lunski, RN, about modifications for their students who are doing Pre-K work or are non-verbal. Together these creative individuals have come up with successful modifications and visual aids.

V. Target Population

Teenagers and adults with intellectual/developmental disabilities are the target audience for Health Promotions. The classes are delivered in high schools, day programs and group homes where the target lives and studies.

VI. Implementation Plan

Please see enclosed Implementation Plan.

VII. Training

SOAZ employees do not need any training at this time.

VIII. Key Staff

Isaac Sanft's role is to oversee all non-sports programming at Special Olympics Arizona, including Health Promotions and Healthy Athletes. Isaac provides program direction and oversight.

As a Registered Nurse, Sheri Lunski provides expert training and consultation to teachers and nurses who present Health Promotions to their students. Sheri is also the medical liaison to the Healthy Athletes Clinical Directors.

Jesse Thompson manages the day-to-day operations of Health Promotions including recruitment, data collection and reporting.

No new staff are being added.

IX. Community Collaboration

Many corporations, hospitals, universities and associations have supported Health Promotions/Healthy Athletes by providing in-kind donations and volunteers for screenings:
Midwestern University (podiatry, dentistry, optometry), AT Still University (dentistry, physical therapy), Phoenix Children's Hospital, 6253rd United States Army Hospital, The EAR Foundation, Arizona Optometric Association, Arizona Dental Foundation, Nationwide Vision, Mercy Care Plan, Grand Canyon University, Aetna, Mesa Community College, VSP, Phonak Hearing Aids, University of Arizona (School of Nursing), College America, Lions Club, Department of Health Services, Golisano Foundation, Health One Global, Scottsdale Health Care, AZ Sports Center, Arizona Interscholastic Association, Dept. of Education.

X. Sustainability

Special Olympics Arizona has made the strategic commitment to continue serving the health education needs of teens and adults with intellectual disabilities. Additional funding sources and sponsors are being identified so that we will be financially ready to maintain the program once DDPC funding ends. Our goal is to transition into the use of our new Healthy LEAP curriculum, which was adapted from Health Promotions, and has proven even more successful because it is streamlined. SOAZ currently has funding to deliver Healthy LEAP to children and grants and sponsorships are being sought to bring this education to adults.

XI. Evaluation

Students in Health Promotions classes are evaluated after each lesson by their teacher or nurse. Test questions are provided with the lessons. Teachers report the general results of these tests in their Weekly Reflections. In addition, presenters are asked weekly about strengths and weaknesses of the program. This data is compiled and reviewed by the Healthy Athletes Coordinator.

Students are also weighted and measured before and after the 8 weeks of classes so that pre- and post-BMI can be compared.

The DDPC Customer Satisfaction Survey also gives all participants and opportunity to evaluate the program, once completed.

After each healthy Athletes screening, participants are asked to complete a short survey about their experience and what they learned.

Tracking of trainings, presenters, locations and number of students is tracked in a project-specific database by the Healthy Athletes Coordinator.

Attachment A

BUDGET SUMMARY
RENEWAL APPLICATION

Budget Request Form

Contractor Name: Special Olympics Arizona, Inc.

Contractor Address: 2100 S. 75th Avenue | Phoenix | AZ | 85043
Street Address | City | State | Zip

Project Name: Special Olympics Arizona Wellness Education & Prevention Project

Budget Category	Requested ADDPC Funds	Non-Federal Cash Match	Non-Federal In-Kind Match	Total Program Cost
Personnel/Salaries	$40,000.00	$8,000.00		$48,000.00
Fringe Benefits				$0.00
Supplies / Operating Expenses	$17,642.00		$4,500.00	$22,142.00
Travel	$1,500.00			$1,500.00
Rent or Cost of Space	$8,000.00	$2,000.00		$10,000.00
Contracted Services / Professional Services	$15,000.00			$15,000.00
Administrative / Indirect Costs		$9,664.00		$9,664.00
Total Costs	$82,142.00	$19,664.00	$4,500.00	$106,306.00

It is understood that Non-Federal Funds identified in the budget will be used to match only ADDPC Federal Funds, and will not be used to match any other Federal Funds during the period of the ADDPC funded Project.

Additional description and background information shall be included as a budget narrative, including for match. The contractor agrees to submit additional background information to the ADDPC upon request.

Doug Taylor
Name of Certifying Official

CFO
Title of Certifying Official

602.230.1200 | Doug @SpecialOlympicsArizona.org
Phone | Email

Attachment B
Budget Narrative 2013

Personnel/Salaries:

Title	Name	% FTE on Project	Months	Salary Requested from DDPC
Director of Programs	Isaac Sanft	.5 FTE	12	$20,000
Healthy Athletes Educator	Sheri Lunski RN	.25 FTE	12	$0
Healthy Athletes Coordinator	Jesse Thompson	1 FTE	12	$20,000

These employees provide administration, recruiting, logistics, training and volunteer management for the Healthy Athletes and Health Promotions programs. Salary rates are determined by the NASAP survey. The AZDDPC is being asked to cover 12 months' salary for these positions at $40,000. SOAZ is covering $8,000 as match.

Fringe Benefits: Full-time employees of Special Olympics Arizona receive medical, dental and vision insurance; nine paid holidays, 10 vacation days and 10 sick days per year. Fringe benefits average 12% of salary, based on all Special Olympics Arizona employees. SOAZ will cover $5,760 in Fringe Benefits as match for this project.

Supplies/Operating Expenses: All purchases for the Special Olympics Arizona Wellness Education & Prevention Project will be made according to federal procurement guidelines for federal grants. Prices were determined by actual expenditures from 2012 and 2013.

AZDDPC is being asked to cover the costs of Healthy Athletes Screening Supplies, Healthy Athletes Give-aways, Office Supplies, Office Equipment/Telephone, Copying and Printing.

Office Equipment/Telephone system lease and service/Internet: $5,600
Copying and communications equipment and services required to perform functions of program management and implementation. Calculated by averaged cost per all SOAZ FTE x 1.75 FTE staff working on this project.

Copying: $280
Health Promotions class materials. Coaches training materials and competition handbooks, competition registration materials and information, athlete medical forms, Healthy Athletes System screening forms.

Printing: $700 to print and bind copies of the Health Promotions curriculum.

Office Supplies: $550

Pens, paper, legal pads, paper clips, binder clips, scissors, highlighters, binders, folders, staples, letterhead, envelopes and labels.

Due to the increase in the number of screening events being held in Year 3 of the grant, the following costs have risen.

Healthy Athletes Screening Supplies: $5,000 charged to grant.

Disposable items needed to perform twice-annual medical screenings: sterile gloves, face masks, tongue depressors, otoscope speculi, hand sanitizer, sterilizing and irrigating fluids, cotton balls, paper towels, duct tape, table covers, plastic bags, trash bags, pens pipe cleaners, Q-tips, rubber bands, post-it notes, facial tissues, paper clips, alcohol pads and mouth mirrors. SOAZ will secure in-kind donated supplies valued at $2,500.

Give-aways: $2,500 charged to grant.

Items provided to screened athletes so that they can keep up with the lifestyle changes they learn during screenings. Toothbrushes, toothpaste, floss, exercise bands, exercise balls, sunscreen, lip balm, Choose-to-Change cards and exercise booklets. SOAZ will secure in-kind donated giveaways valued at $2,000.

Volunteer Management: $3,012 charged to grant

SOAZ relies heavily on volunteer support during Healthy Athletes screenings. Event volunteers wear special t-shirts or scrubs to identify them by discipline and SOAZ provides snacks and water for volunteers.

Travel: SOAZ is requesting $1,500 in Travel expenses for mileage and/or vehicle rental and gas for Clinical Directors and staff to plan and attend the 10 scheduled Healthy Athletes screening events.

Rent or Cost of Space: Special Olympics Arizona Phoenix and Tucson offices are currently housed in space donated by Swift Transportation and Hazen Enterprises, Inc. No office space costs are being charged to this grant.

SOAZ is requesting $1,000 to cover the cost of lodging, meeting space, audio/visual equipment rental and transportation to present Health Promotions training to SOAZ coaches, Heads of Delegation, school nurses and athletic trainers during the 2014 SOAZ Leadership Conference.

SOAZ is requesting $7,000 from AZDDPC for renting space, tents, tables and chairs for the 10 scheduled Healthy Athletes screenings. SOAZ will match $2,000 of these costs.

Contracted Services / Professional Services: SOAZ is requesting $15,000 to cover stipends for educators, nurses, athletic trainers, teachers or other qualified professionals who become trained and present Health Promotions to youth and adults

with intellectual disabilities.

Administrative / Indirect Costs: Special Olympics Arizona indirect costs include Executive and Administrative Salaries and their fringe benefits, computer and communications systems maintenance, depreciation and occupancy expenses. Allocated administrative costs are 5% and indirect program expenses are 5%. Indirect costs do not include Fundraising, Entertainment, Lobbying, Advertising, Fines, Penalties or Contributions. SOAZ will cover $9,664 in Indirect Costs as match.

Match: SOAZ has other funding sources in place to meet the remainder of the fiscal needs of the Wellness Education & Prevention Project. The source for the required 25% matching funds is:

Source	**Cash**
Thunderbird Charities	$19,664

Attachement C

Implementation Plan				
Activitiy	**Person Resonsible**	**Start Date**	**End Date**	**Documentation**
Organize and Coordinate venues, rentals, meals, lodging and transportation for all Healthy Athletes events (Fall, Spring and Summer).	Healthy Atheltes Corrdinator	Ongoing	Ongoing	Rental contracts and Recipts collected
Schedual Lead Clinicians for Healthy Athletes and Coordinate Supplies and volunteers	Healthy Atheltes Corrdinator	Ongoing	Ongoing	Data and Recipts collected
Recuit and get health educators and nurses to teach Health Promotion health unit	Healthy Atheltes Corrdinator	Ongoing	3/30/2014	Applications and Health Educator Expectation forms
School Nurses and Health Eductors implmenting Health Promotions classes on their campuses	Healthy Atheltes Corrdinator	Ongoing	6/30/2014	Actvity Log; Weekly Reflections of teachers and students
Conduct Health Promotion Satisfaction Surveys at the end of the classes.	Healthy Atheltes Corrdinator	Ongoing	6/30/2014	Satisfaction Surveys collected and turned into AZDDPC
Health Promotions Trainer Training during Leadership Conference.	Director of Support Programs	5/1/2013	8/31/2013	Sign in Sheet from the class
Hold 3 Free Physical Days for SOAZ Athletes and Potential Athletes.	Healthy Atheltes Corrdinator	5/1/2013	10/1/2013	Sign in sheets from participants
Healthy Athletes Fall Games (Screening Event)	Healthy Atheltes Corrdinator	10/1/2013	10/31/2013	Screening Counts and results; Post Healthy Athletes surveys

Attachement C

Fall Games Healthy Athletes Screening forms entered into HAS	Healthy Atheltes Corrdinator	11/1/2013	11/30/2013	System Report
Healthy Athletes Tucson (Screening Event)	Healthy Atheltes Corrdinator	3/1/2014	3/31/2014	Screening Counts and results; Post Healthy Athletes surveys
Tucsonl Healthy Athletes Screening forms entered into HAS	Healthy Atheltes Corrdinator	4/1/2014	4/30/2013	System Report
Healthy Athletes Flagfootball (Screening Event)	Healthy Atheltes Corrdinator	3/1/2014	3/31/2014	Screening Counts and results; Post Healthy Athletes surveys
FlagFootball Healthy Athletes Screening forms entered into HAS	Healthy Atheltes Corrdinator	4/1/2014	4/30/2013	System Report
Healthy Athletes Summer Games (Screening Event)	Healthy Atheltes Corrdinator	3/1/2014	3/31/2014	Screening Counts and results; Post Healthy Athletes surveys
Summer Games Healthy Athletes Screening forms entered into HAS	Healthy Atheltes Corrdinator	4/1/2014	4/30/2013	System Report
Special Day for Special Smiles, East Valley Screening event, West Valley Screening event	Healthy Atheltes Corrdinator	TBD	TBD	Screening Counts and results; Post Healthy Athletes surveys

Attachment D

AZ SPORTSCENTER
physical therapy & conditioning, inc

3/20/13

To Whom It May Concern:

I am writing this letter in support of the Special Olympics Healthy Athletes program in AZ. As one of the Clinical Directors for FunFitness, I have been involved with Special Olympics for the past 4 years. FunFitness physical therapy screenings are available to the athletes twice a year. We have physical therapist, physical therapy assistant, and student volunteers from several local clinics and physical therapy schools. We have over 50 FunFitness volunteers at each event.

During the FunFitness screening, athletes are tested in the areas of balance, flexibility, endurance, and strength. Athletes receive exercise in instruction in any area(s) in which they score below normal values. If the physical therapist feels the athlete will benefit from further physical therapy, he/she is made aware of community resources.

At each screening, we see some of the same athletes who are anxious to repeat their tests and try to improve scores from previous events. The athletes are always very motivated to try perform the tests to the best of their ability, and family members/caregivers are appreciative of the education they receive.

I look forward to continuing to be involved with FunFitness and continuing to improve the screening and education processes to maximize the outcome for the athletes. I know we have already made an impact, and am excited to continue to help enable athletes and their families to gain knowledge so they can live an active, healthy lifestyle.

Thank you,

Anna Thatcher

Anna Thatcher, PT, DPT, OCS, SCS, ATC, CSCS

AZ SportsCenter
4340 W Chandler Blvd Suite 3
Chandler AZ 85226
480-361-1127

Attachment D

Arizona Dental Foundation
Keeping Arizona Smiling

March 15, 2013

Arizona Developmental Disabilities Planning Council
1740 West Adams, Suite 410
Phoenix, AZ 85007

Dear Review Committee:

The Arizona Dental Foundation (ADF) is proud to support Special Olympics Arizona in oral health education and treatment efforts. The Special Olympics Special Smiles program has a strong history of serving the athletes with a special need in our community. Several of our members have volunteered at their screening programs and participated in the treatment day called A Day for Special Smiles.

In the past 10 years, the ADF has supported the Special Smiles program by providing over 820 lay and clinical dental volunteers with the opportunity to educate 2,461 athletes along with their parents, guardians, and coaches about oral hygiene and the need for regular preventive care. This program undeniably fills an important role in the community!

In addition, Special Olympics Arizona has made every effort to make A Day for Special Smiles successful in Mesa for the past two years, with the collaboration of A.T. Still University – Arizona School of Dentistry and Oral Health and the ADF. Through this annual program, 67 individuals with a special need have received a full array of preventive, corrective, and restorative oral health services totaling $28,890 in free dental treatment – impressive results from a solid collaborative effort.

The relationship with this organization continues to strengthen and grow with each new partnership activity. We look forward to working with them for many years to come.

Sincerely,

Ginger Froncek
Executive Director, ADF

3193 N Drinkwater, Scottsdale, AZ 85251 • 480-344-5777 • 800-866-2732 • FAX 480-344-1442 • www.azdentalfoundation.org

Attachment E

Special Olympics
Healthy Athletes®

Healthy Athletes Survey

Name: _____ Age: _____

Delegation: _____

Instructions: Circle ONE letter answer per question **Example:** (a) Yes
b) No

1) _____ **In general, would you say your health is?**
   a. Excellent
   b. Good
   c. Fair
   d. Poor

2) _____ **Do you think that exercise would improve your health?**
   a. Yes
   b. No

3) _____ **Do you, or someone in your household, smoke?**
   a. Yes- I smoke
   b. Yes- someone in my household smokes
   c. No

4) _____ **How many hours a week would you say you exercise?**
   a. 0
   b. 1-3
   c. 3-5
   d. More than 5

5) _____ **Do you wash your hands before eating?**
   a. Yes
   b. No

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Developmental Disabilities
ONE Community Working Together

Special Olympics Arizona

6) _____ How many glasses of water do you drink in one day?

a. 1

b. 2-3

c. 4-5

d. More than 5

7) ____ How many times a week do you eat fast food?

a. 0

b. 1-3

c. 4-6

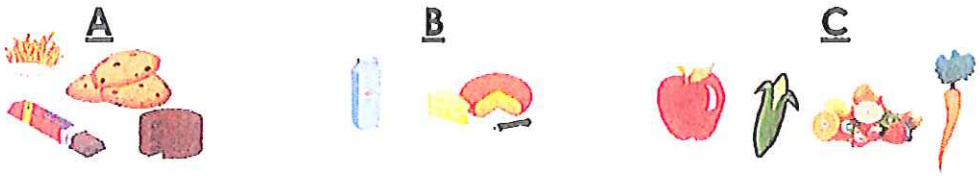
d. More than 6

8) ____ Do you drink milk?

a. Yes

b. No

9) **Which foods should you <u>NOT</u> have too often?** (Circle ONE food group)



10) **Which beverages should you drink ONLY occasionally or not at all?** (Circle ONE food group)

Special Olympics
Healthy Athletes®

Health Educator Weekly Reflection

Educator Name: Date:

School/Delegation: Lesson Topic:

HOW DO YOU FEEL THE ATHLETES IMPROVED THERE KNOWLEDGE OF HEALTH AND FITNESS?

WHAT INDICATORS OF LEARNING DID YOU FIND STUDYING THE ATHLETES WEEKLY RELFECTIONS?

HOW ARE THE ATHLETES IMPROVING? (SPECIFIC EXAMPLES)

STRENGTHS AND AREAS FOR IMPROVEMENT? (INCLUDING: ATHLETE IMPROVEMENTS, RESOURCES NEEDED ECT)

GOALS AND OBJECTIVES FOR NEXT COURSE AND WEEKLY REFLECTION?

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Developmental Disabilities
ONE Community Working Together

Special Olympics
Arizona

*You can either fax this sheet over or do the online version (Recommended). The link to the online version is here (https://docs.google.com/spreadsheet/viewform?formkey=dFRPRExLZDdgRTBSc25LQ05QUUNmcXc6MQ#gid=0)

Brief Summary

(Please be sure to include goals and objectives met from last week's reflection):

Following completion, please email the form as an attachment to Isaac@SpecialOlympicsArizona.org or fax to 602-230-1110 with attention to Isaac Sanft Healthy Athletes Coordinator. Weekly Reflection Forms are due every Tuesday by 5pm following the lesson of the previous week. For example: If I teach my STBH class on Tuesday every week, the Tuesday immediately following is my due date for weekly reflections. (Due no later than that Tuesday)

Special Olympics
Healthy Athletes®

Weekly Goal- Athletes

Name _____

Date_____

Instructor_____

School_____

Lesson/Topic_____

1) What have you learned this week that will help you become healthier?

2) What is something you can improve on after learning about this topic?

3) What aspect of the lesson that you found interesting or compelling?

4) Are you going to adapt anything you learned to your everyday life?

5) How helpful was the information you were thought this week?

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Special Olympics
Arizona

Special Olympics
Healthy Athletes®

Nutrition

What is nutrition?

Why does your body need food?

What foods do you think are good for your body?

What foods do you think you should avoid or eat less of?

What are two of the nutrients we talked about?

Diet and Sports Nutrition

How many servings of fruit should you eat each day?

How many servings of vegetables should you eat each day?

What kinds of foods do you like from the meat and beans group?

What kinds of foods that you like have grains in them?

What are two foods that are a good source of calcium?

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Special Olympics Arizona

Sports Nutrition

What foods should you eat before exercising?

What kinds of foods should you avoid before exercising?

Why does your body need water?

How much water should you drink every day?

How will you feel if you don't drink enough water?

Exercise

Why should you exercise?

What are three ways you can exercise?

How long should you exercise each day?

What else should you do when you exercise?

What should you do if you don't feel good when you are exercising?

Stress Management

What is stress?

How do you feel if you have stress?

What are some things you can do to decrease stress?

Who can you talk to if you feel like you have a lot of stress?

Complications of Obesity

What is obesity?

What are two health problems that can be caused by obesity?

What are three things you can do or already do to prevent obesity?

What kinds of foods should you eat more of to prevent obesity?

What kinds of foods should you eat less of or limit to prevent obesity?

Behavior Management

What are some ways that you can keep your new healthy behaviors?

If you make a mistake with your healthy behaviors or exercise, what should you do?

What are some healthy behaviors you could reward yourself for?

How would you reward yourself for good behavior?

Bone Health

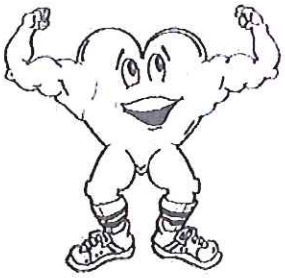
What do our bones do?

What is calcium?

What are three kinds of foods that have calcium?

What kinds of exercise do you do that will make your bones stronger?

Week One Baseline Screenings



Height:

Weight:

BMI:

What are three things you do to stay healthy?

1.

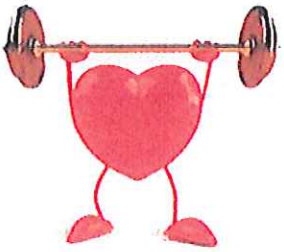
2.

3.

(Recommended) To calculate accurate BMIs and to fill out the pre and post BMIs for the participants online please go to

https://docs.google.com/spreadsheet/viewform?formkey=dEZvL0J1pVTJMWkhyeTN3bKNnbXFnCXC6MQ#gid=0

Final Week Screenings



Height:

Weight:

BMI:

What are the five most important things you learned in this class to stay healthy?

1.

2.

3.

4.

5.

What changes will you make to stay healthy after this class?

Athlete's Weekly Reflection

What are three things you learned today that you didn't know before you came?

1.

2.

3.

What questions do you still have about any of the information you were taught today?