

Move and Groove this Summer!



The 3rd Annual

SOMT MOVE CHALLENGE!

June 5 – July 30, 2023



WHAT: An 8-week movement challenge to see how many minutes of intentional exercise participants can complete each week. Each week has a health education reminder/focus.

Prizes and certificates will be awarded to Individuals in various age divisions and for the top 3 finishers for both Doubles (Traditional and Unified) and Teams (Traditional and Unified).

WHO: Participants will have the choice of competing as an Individual (a Special Olympics athlete), Doubles (traditional or Unified), or as part of a Team (traditional or Unified, 4 people total).

WHEN: Participant registration is **May 22 - June 2**.
The Stride Challenge runs June 5 – July 30, 2023



HOW: After registering, participants keep track of how many minutes they exercise (Monday-Sunday). Every week, on Monday, athletes will self-report their minutes for the previous 7 days via an email to Mallory Frank at mfrank@somt.org for a spot on our SOMT "This Week's Move Challenge Leaderboard".

Contact Mallory Frank at
mfrank@somt.org or 406-315-4230
to register or ask questions.

Mallory will send you a manual with
directions and a tracking sheet.

Please join us!

