**SONA Move Challenge FAQs**

**(updated 6/7/21)**

**Q:** *What is the SONA Move Challenge?*

**A:** The SONA Move Challenge is an 8-week challenge where participants track how many minutes they exercise each week. All types of intentional exercise count: running, walking, swimming, snowshoeing, dancing, yoga, etc.

**Q:** *How can individuals participate?*

**A:** Individuals can participate as:

* Individual (Special Olympics athletes only)
* Traditional doubles (two Special Olympics athletes)
* Unified doubles (a Special Olympics athlete and Unified partner)
* Traditional team (all Special Olympics athletes)
* Unified team (Special Olympics athletes and Unified partners)
* College team (Special Olympics athletes and Unified partners)

**Q:** *What is intentional exercise?*

**A:** Minutes reported each week need to be part of intentional exercise sessions. Taking your dog on a walk counts, but walking around at work or school does not.

**Q:** *What kind of exercise counts?*

**A:** All types of moderate to vigorous exercise count: running, walking, swimming, snowshoeing, dancing, yoga, etc.

**Q:** *What does the week consist of?*

**A:** Each week runs Monday through Sunday.

**Q:** *Does the weekly tracking have to be completed on a certain day of the week? If so, what is that day?*

A: Yes, participants should complete their tracking on Monday.

**Q:** *Are Programs able to see their results for each athlete and Unified partner?*

**A:** Yes, SONA will provide weekly Program-specific Excel document reports. With asking participants to enter their information on Mondays, we will likely need a few days to report back out to Programs.

**Q:** *Will participants have to do the entire form every week, answering all questions?*

**A:** No, participants will not have to re-enter all their information data after they complete the initial registration. Each week, they will be required to enter their name, Special Olympics Program, email address, team or doubles name (if applicable) and how many minutes they exercised during the week. Other fields (type of activities, updates on how they’re feeling, etc.) are optional.

**Q:** *I see partners will have to register, but when it comes to reporting, will partners & athletes both report their minutes of exercise, and will they report it as a team or themselves individually?*

**A:** Each participant will need to enter their weekly information separately. However, if the partner or athlete wants to enter the other person’s info for them, they can do so as long as each individual’s info is entered separately.

**Q:** *Are you all going to monitor any name inconsistencies and matching up athletes/partners who are on the same team or will the Program have to do that?*

**A:** Doubles and team name discrepancies will be corrected during the registration process in the backend of Smartsheet.

**Q:** *If a Unified partner doesn’t have an athlete partner yet, can they still register? If so, how?*

**A:** Unified pairs need to be determined prior to registration. Programs can work with athletes and Unified partners prior to registration to link pairs together.

**Q:** *Does the SONA Move Challenge count towards Healthy Communities criteria #5 for recognition?*

**A:** Yes, it does count towards your HC criteria #5 for recognition. You will need to ensure that athletes are completing their weekly tracking and a final report at the end of the challenge will show how many athletes participated. You can count the athletes who participated in at least 6 weeks of this fitness challenge.