



2KM From Home



Special Olympics
Ireland

Week 1			Week 2			Week 3			Week 4		
Day 1											
Day 2			Day 2			Day 2			Day 2		
Day 3			Day 3			Day 3			Day 3		

On each day you can enter your time or just tick to say you have completed it

You could also circle a thumbs up sign if you enjoyed your work out or a thumbs down if you found it hard

If you have too many thumbs down circled maybe take a step back to the previous week, it doesn't matter how

long it takes you, remember you are doing more and better than everyone still on the couch

