



# Mayor's Fitness Challenge Tracking Sheet - Fall Season 2023

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## TYPES OF EXERCISE

## WEEKLY MINUTES

### September

Week 1 \_\_\_\_\_

Week 2 \_\_\_\_\_

Week 3 \_\_\_\_\_

Week 4 \_\_\_\_\_

### October

Week 1 \_\_\_\_\_

Week 2 \_\_\_\_\_

Week 3 \_\_\_\_\_

Week 4 \_\_\_\_\_

Week 5 \_\_\_\_\_

### November

Week 1 \_\_\_\_\_

Week 2 \_\_\_\_\_

Week 3 \_\_\_\_\_

Week 4 \_\_\_\_\_

Week 5 \_\_\_\_\_

**TOTAL MINUTES TRACKED** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

*If you tracked a minimum of 90 minutes of exercise each week, congratulations, you have earned a t-shirt and are entered in the drawing for Bluetooth Earbuds. Please indicate your t-shirt size below.*

### Youth T-shirt Size:

\_\_\_\_\_ Youth S \_\_\_\_\_ Youth M \_\_\_\_\_ Youth L \_\_\_\_\_ Youth XL \_\_\_\_\_ Youth 2XL

### Adult T-shirt Size

\_\_\_\_\_ Adult S \_\_\_\_\_ Adult M \_\_\_\_\_ Adult L \_\_\_\_\_ Adult XL \_\_\_\_\_ Adult 2XL \_\_\_\_\_ Adult 3XL

**TRACKING SHEETS ARE DUE DECEMBER 9.**

Please email your completed tracking sheet to [mfc@prospertx.gov](mailto:mfc@prospertx.gov) or deliver to the Parks & Recreation office at 409 E. First Street. If you have questions, please send an email to [mfc@prospertx.gov](mailto:mfc@prospertx.gov) or call 972-569-1064.