



2022 Tracking Sheet

NAME: _____

E-MAIL ADDRESS: _____

DATE	TYPES OF EXERCISE	WEEKLY MINUTES
Week of January 16		
Week of January 23		
Week of January 30		
Week of February 6		
Week of February 13		
Week of February 20		
Week of February 27		
Week of March 6		
Week of March 13		
Week of March 20		
Week of March 27		
Week of April 3		
Week of April 10		
Week of April 17		

The goal of the Mayor's Fitness Challenge is for residents to complete 90 minutes of exercise weekly (totaling at least 1,170 minutes of fitness) from January 17 to April 18. To be eligible for the FitBit drawing and free t-shirt, your completed tracking sheet must be received by April 24. Please upload to ProsperTX.gov or deliver to Prosper Parks and Recreation at 409 E. First Street. Questions? Contact Trevor at thelton@prosperTX.gov or (972) 569-1064.

TOTAL MINUTES LOGGED: _____

SIGNATURE: _____