



**2018**  
**6<sup>th</sup> ANNUAL MAYOR'S FITNESS CHALLENGE**  
***PERSONAL EXERCISE TRACKER***

(Name)



✓ Off Days of the Week of Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1: 4/16								
Week 2: 4/23								
Week 3: 4/30								
Week 4: 5/7								
Week 5: 5/14								
Week 6: 5/21								
Week 7: 5/28								
Week 8: 6/4								
Week 9: 6/11								
Week 10: 6/18								
Week 11: 6/25								
Week 12: 7/2								
Week 13: 7/9								
Week 14: 7/16								
Week 15: 7/23								
Week 16: 7/30								
Week 17: 8/6								

**How to use the Personal Exercise Tracker:** Check the days per week that you exercised at least 30 minutes per day. The goal is 30 minutes for at least 4 days per week. If you would like the Village to electronically track your weekly stats, please email your information to the Mayor's Assistant at [dbluso-rogers@richfieldvillageohio.org](mailto:dbluso-rogers@richfieldvillageohio.org). Please bring your completed Exercise Tracker to Community Day to receive your award from UH Ahuja.