



# Get Movin' Randolph County!

Fitness Tracking Sheet - Spring Season

2024 April 1st - April 30th

Name (optional) \_\_\_\_\_

Address \_\_\_\_\_

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

Track the number of minutes of exercise you complete each week (any type counts!), for the month of April. Turn this sheet in by May 2nd to be entered into a drawing for one of our amazing grand prizes! The Get Movin' Randolph County wrap up event will take place at 9am at Lincoln Park in Red Bud on May 4th. You must be present at wrap up event to receive grand prizes/t-shirt. Register Online by April 7th to guarantee a FREE T-shirt at the wrap up event!

April 2024

Types of Exercise

Weekly Minutes

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

Total Minutes Tracked \_\_\_\_\_ Initials \_\_\_\_\_

QUESTION: HAS YOUR ACTIVITY LEVEL INCREASED SINCE STARTING THIS CAMPAIGN? Yes \_\_\_ No \_\_\_ (Please check one)

Spring 2024 Tracking Sheets are due May 2nd, 2024.

Ways to turn in your tracking sheet:

- Email to Health@randolphcountyl.gov
- Deliver to Randolph County Health Department at 2515 State St. Chester IL 62233.
- Office hours: M -F, 8:00 a.m. - 4:00 p.m.
- Online at: Getmovinrandolphcounty.org

If you have any questions, please send an email to Health@randolphcountyl.gov or call 618-826-5007. \*This form can be turned in anonymously (no identifying information), but it will limit your chance to be entered into the prize drawing.