



# February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	<p><b>Document your activity each day with the length of time/reps.</b></p>			

**Share your fitness log with  
[events@elderwerks.org](mailto:events@elderwerks.org) at the end of the  
month for a chance to win prizes**

 Advocate Good Shepherd Hospital

