



# STEPPING OUT TO FITNESS

## DAILY ACTIVITY LOG

### JANUARY 2022

Document the activity you perform each day along with the length of time/reps. Please return your log by Thursday, February 10th for a chance to win a prize!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Name:		Start your day off with virtual exercise classes at 9:00 AM on days with a star!				1
Phone:						
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	29
30	31	"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal."				

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STREET  
HEALTH**

Provides professional, friendly, and comprehensive primary care for adults on Medicare.



Through Mark Rantis' personal experience, his mission is to be the "easy" button for families making the move from home to senior living, while dissolving the stress and maximizing the equity.

Wednesday, January 5  
9:00am-9:30am  
Step Into Strength  
Jenifer Anderson  
Advocate Good Shepherd  
Fitness Center

Join us for virtual exercise classes  
every other Wednesday!

**Zoom Meeting ID:** 821 5855 5334  
**Passcode:** 480125

Same Zoom Meeting ID & Passcode for  
both January exercise classes. No cost to  
attend

Wednesday, January 19  
9:00am-9:30am  
Chair Yoga  
Leah Seidel  
Golden Oak Personal Training