

Document the activity you perform each day along with the length of time/reps.

 <h1 style="margin-left: 150px;">March 2023</h1>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Name: _____ Phone: _____			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	29	30	31	

Share your fitness log with events@elderwerks.org at the end of the month for a chance to win prizes







