



Elderwerks

October 2025

NAME _____

PHONE _____

Stepping Out to Fitness Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Document your activity each day with the length of time/reps drop off or email to events@elderwerks.org						
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	

These sponsors make the Stepping Out to Fitness Challenge possible

