



NAME _____
 PHONE _____

October 2024

Stepping Out to Fitness Log

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	29	30	31		

Document your activity each day
 with the length of time/reps
 drop off or email to events@elderwerks.org

These sponsors make the Stepping Out to Fitness Challenge possible

