

**Elderwerks Stepping Out to Fitness Daily Activity Log** Document the activity you perform each day along with the length of time/ reps.



# October 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
29	30	31	Name: _____  Phone: _____			

Thank you to our sponsors!



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