



Elderwerks

NAME _____

PHONE _____

November 2025

Stepping Out to Fitness Log

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

These sponsors make the Stepping Out to Fitness Challenge possible

