



Elderwerks

NAME _____

PHONE _____

November 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

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

