



Elderwerks

July 2025

NAME _____

PHONE _____

Stepping Out to Fitness Log

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

These sponsors make the Stepping Out to Fitness Challenge possible

