



Elderwerks

August 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

