



Elderwerks

NAME _____
PHONE _____

August 2024 Stepping Out to Fitness Log

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
Document your activity each day with the length of time/reps drop off or email to events@elderwerks.org						
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

