



Elderwerks

NAME _____

PHONE _____

September 2025

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

