




Elderwerks Stepping Out to Fitness Daily Activity Log Document the activity you perform each day along with the length of time/reps.



# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thank you to our sponsors!   					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

Share your fitness log with  
[events@elderwerks.org](mailto:events@elderwerks.org) at the end of the  
 month for a chance to win prizes

Name: \_\_\_\_\_

Phone: \_\_\_\_\_