

Elderwerks Stepping Out to Fitness Daily Activity Log



June 2023

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	

Share your fitness log with events@elderwerks.org at the end of the month for a chance to win prizes

Name: _____

Phone: _____