

Elderwerks Stepping Out to Fitness Daily Activity Log

|  May 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 | 31 | Document the activity you perform each day along with the length of time/reps. | | |
| Share your fitness log with events@elderwerks.org at the end of the month for a chance to win prizes | | | | Name: _____ Phone: _____ | | |