



Elderwerks

NAME _____

PHONE _____

December 2024

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	31				

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

