

**New Jersey State Federation of Women's Clubs of GFWC
Barbara McCloskey, President**

Let's Get Moving – 2024 Activity Log

Track your club members' exercise hours in recognition of cardiovascular health. Submit your log to NJSFWC along with your Health & Wellness year-end report by February 1. Winners in each membership category will be announced at Spring Conference.

CLUB NAME: _____

DISTRICT: _____ # of MEMBERS: _____

Date	Member Name	Exercise Type	# of Hours

Please send in along with your Health & Wellness year-end report to:
 Katie Chambers, Health & Wellness Chair, NJSFWC, 229 Indian Hollow Court, Mahwah, NJ 07430
 Questions? Contact Kchambers4@gmail.com

