

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

Let's Get Moving – 2025 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: _____

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

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