

FITNESS PROGRAM

REQUIRED HOURS AND TRACKING SHEET

Aug 21 - Aug 25	
Required: 0	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Oct 2 - Oct 6	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

WINTER SESSION BEGINS	
Nov 13 - Nov 17	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Aug 28 - Sept 1	
Required: 0 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Oct 9 - Oct 13	
Required: 45 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
(No Class) Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

Nov 20 - Nov 24	
Required: 30 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
(No Class) Wednesday	<input type="text"/>
(No Class) Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

FALL SESSION BEGINS	
Sept 4 - Sept 8 (Orientation)	
Required: 45 min	Completed
(No Class) Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Oct 16 - Oct 20	
Required: 0 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Classes) Friday	<input type="text"/>
Total	<input type="text"/>

Nov 27 - Dec 1	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Sept 11 - Sept 15	
Required: 45 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Oct 23 - Oct 27	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Dec 4 - Dec 8	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Sept 18 - Sept 22	
Required: 45 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Oct 29 - Nov 3	
Required: 65 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

Dec 11 - Dec 15	
Required: 0 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Sept 25 - Sept 29	
Required: 45 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Classes) Friday	<input type="text"/>
Total	<input type="text"/>

Nov 6 - Nov 10	
Required: 90 min	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Dec 18 - Dec 22	
Required: 0 min	Completed
Monday	<input type="text"/>
(Exams) Tuesday	<input type="text"/>
(Exams) Wednesday	<input type="text"/>
(Exams) Thursday	<input type="text"/>
(No Classes) Friday	<input type="text"/>
Total	<input type="text"/>

FRESHMEN

FITNESS PROGRAM

REQUIRED HOURS AND TRACKING SHEET

Jan 1 - Jan 5	
<i>Required: 0</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Feb 12 - Feb 16	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Mar 26 - Mar 30	
<i>Required: 45 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
(No Class) Thursday	<input type="text"/>
(No Classes) Friday	<input type="text"/>
Total	<input type="text"/>

Jan 8 - Jan 12	
<i>Required: 90</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Feb 19 - Feb 23	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Apr 9 - Apr 13	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Jan 15 - Jan 19	
<i>Required: 65 min</i>	Completed
(No Class) Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Feb 26 - Mar 2	
<i>Required: 0 min</i>	Completed
Monday	<input type="text"/>
(No class) Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Classes) Friday	<input type="text"/>
Total	<input type="text"/>

Apr 16 - Apr 20	
<i>Required: 65 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

SPRING SESSION BEGINS

Jan 22 - Jan 26	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Mar 5 - Mar 9	
<i>Required: 45 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
(No Class) Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

Apr 23 - Apr 27	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Jan 29 - Feb 2	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Mar 12 - Mar 16	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

April 30 - May 4	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Feb 5 - Feb 9	
<i>Required: 45 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
(No Class) Thursday	<input type="text"/>
(No Class) Friday	<input type="text"/>
Total	<input type="text"/>

Mar 19 - Mar 23	
<i>Required: 90 min</i>	Completed
Monday	<input type="text"/>
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

May 7 - May 11 (Final Req.)	
<i>Required: 90 min</i>	Completed
Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

FRESHMEN