

FITNESS PROGRAM

REQUIRED HOURS AND TRACKING SHEET

Aug 23 - Aug 27	
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 4 - Oct 8	
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"/>

WINTER SESSION BEGINS	
Nov 15 - Nov 19	
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 30- Sept 3	
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 11 - Oct 15	
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 22 - Nov 26	
Required: 0 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 6 - Sept 10 (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 18 - Oct 22	
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"/>

Nov 29 - Dec 3	
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 13 - Sept 17	
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 25 - Oct 29	
Required: 45 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 6 - Dec 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"/>

Sept 20 - Sept 24	
Required: 45 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"/>

Nov 1 - Nov 5	
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"/>

Dec 13 - Dec 17	
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"/>

Sept 27 - Oct 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"/>

Nov 8 - Nov 12	
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 20 - Dec 24	
Required: 0 min	Completed
(Exams) Monday	<input type="text"/>
(Exams) Tuesday	<input type="text"/>
(Exams) Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

FITNESS PROGRAM

REQUIRED HOURS AND TRACKING SHEET

Jan 3 - Jan 7	
Required: 45	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 14 - Feb 18	
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"/>

Mar 28 - Apr 1	
Required: 45 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"/>

Jan 10 - Jan 14	
Required: 90	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 21 - Feb 25	
Required: 0 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"/>

Apr 4 - Apr 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"/>

Jan 17 - Jan 21	
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"/>

Feb 28 - Mar 3	
Required: 45 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"/>

Apr 11 - Apr 15	
Required: 45 min	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"/>

SPRING SESSION BEGINS

Jan 24 - Jan 28	
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"/>

Mar 7 - Mar 11	
Required: 0 min	Completed
Monday	<input type="text"/>
(No Class) Tuesday	<input type="text"/>
Wednesday	<input type="text"/>
Thursday	<input type="text"/>
Friday	<input type="text"/>
Total	<input type="text"/>

Apr 25 - Apr 29	
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"/>

Jan 31 - Feb 4	
Required: 45 min	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 14 - Mar 18	
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"/>

May 2 - May 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"/>

Feb 7 - Feb 11	
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"/>

Mar 21 - Mar 25	
Required: 45 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"/>

May 9 - May 13 (Final Req.)	
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"/>