

DATE	WARM-UP	WORKOUT	FUN	# OF MINUTES	POINTS
FRI. 11/25*					
SAT. 11/26					
SUN. 11/27					
MON. 11/28					
TUES. 11/29					
WED. 11/30					
THURS. 12/1					
				TOTAL	

*No School - Extra Credit Day

 Parent/ Guardian signature Date