

Quarter 3

Week of: January 16
January 23
Due: January 30

Week of: January 30
February 6
Due: February 13

Week of: February 13
February 20
Due: February 27

Week of: February 27
March 5
Due: March 12

Quarter 4

Week of: March 12
March 19
Due: March 26

Week of: March 26
April 2 *Spring Break , no fitness log this week*
April 9
Due: April 16

Week of: April 16
April 23
Due: April 30

Week of: April 30
May 7
Due: May 14