



Get FIT 4-H



WEEK 1: June 7-13

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 2: June 14-20

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 3: June 21-27

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 4: June 28-July 4

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 5: July 5-11

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 6: July 12-18

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 7: July 19-25

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

WEEK 8: July 26- Aug 1

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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Weekly Total:

REPORT WEEKLY TOTAL EVERY MONDAY TO RANDI.HILL@OKSTATE.EDU