

# Personal Fitness — Course Projection

|       |    |    |    |  |
|-------|----|----|----|--|
| Day 1 | 2  | 3  | 4  | 5  |
| 6     | 7  | 8  | 9  | 10   |
| 11    | 12 | 13 | 14 | 15<br>Ch. 1,2,3,4                                  |
| 16    | 17 | 18 | 19 | 20   |
| 21    | 22 | 23 | 24 | 25   |
| 26    | 27 | 28 | 29 | 30<br>*Mid-Term Report<br>Sent Home<br>Ch. 6,7,8,9 |
| 31    | 32 | 33 | 34 | 35   |
| 36    | 37 | 38 | 39 | 40   |
| 41    | 42 | 43 | 44 | 45<br>Ch. 11,12,13,14                              |
| 46    | 47 | 48 | 49 | 50   |
| 51    | 52 | 53 | 54 | 55   |
| 56    | 57 | 58 | 59 | 60<br>Ch. 15,16,17,18                              |