

FARMINGTON FIT FOR LIFE

ONLINE 4TH TERM

Requirements:

1. Pay \$25 fee to the main office for the online class.
2. Bring Coach Walkenhurst your receipt and he will enroll you in the canvas course.
3. Begin working on your canvas assignments and quizzes
4. The Pre-Mile Run date will be Wednesday, March 23rd at 8:00 AM at the upstairs track at FHS.
5. The Push-Up and Sit-Up test will follow the mile run.
6. The Post-Mile Run date will be Wednesday, May 18th at 8:00 AM at the upstairs track at FHS.
7. The Post Push-Up and Sit-Up test will follow the mile run.
8. 4th term ends on May 27th so you will have until the night of May, 21st to have everything finished.
9. If you cannot make a mile run day, you need to talk to Coach Walkenhurst and set up a different time to do it.

ONCE COMPLETE WITH EVERYTHING, I WILL SUBMIT MY LIST TO THE COUNSELING CENTER TO GET YOU YOUR FIT FOR LIFE CREDIT!!!