

Farmington Fit For Life

Online 2nd Term, 2022

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, Nov 16th 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, January 11th 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. 2nd term ends on January 13th so you will have until the night of January 13th 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!!!