

JANUARY 2026 ON DECK MONITOR ASSIGNMENTS

IF YOU NEED TO CHANGE, SWITCH WITH SOMEONE AND WRITE IT ON THIS SHEET

IF YOU NEED A WORKOUT PLAN, USE THE WORKOUTS FROM THE BINDER

DATE	NAME	DATE	NAME
5-Jan	LESLIE N.	12-Jan	LESLIE
6-Jan	JOHN D.	13-Jan	MINDY
7-Jan	CARYN	14-Jan	AMY
8-Jan	RICK	15-Jan	EARL
9-Jan	BILL S.	16-Jan	KAY
19-Jan	LESLIE N.	26-Jan	LESLIE N.
20-Jan	JANET	27-Jan	CHRISTIE
21-Jan	LESLIE N.	28-Jan	LESLIE N.
22-Jan	BILL S.	29-Jan	CARYN
23-Jan	LAURA	30-Jan	DALE