

## DECEMBER 2025 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

<u>DATE</u>	<u>NAME</u>	<u>DATE</u>	<u>NAME</u>
1-Dec	LESLIE N.	22-Dec	DALE
2-Dec	KAY	23-Dec	CARYN
3-Dec	LESLIE N.	24-Dec	LESLIE N.
4-Dec	MINDY	25-Dec	LESLIE N.
5-Dec	BILL S.	26-Dec	JODY
8-Dec	LESLIE N.	29-Dec	LESLIE N.
9-Dec	CARRIE	30-Dec	KAY
10-Dec	LESLIE N.	31-Dec	LESLIE N.
11-Dec	EARL	1-Jan	JUDY
12-Dec	AMY	2-Jan	BILL S.
15-Dec	LESLIE N.		
16-Dec	JANET		
17-Dec	LESLIE N.		
18-Dec	LARRY		
19-Dec	RICK		