

2024年度

庄内農業高校 ウェイトリフティング部活動 年間計画・実績表

記入の仕方:「時間」には活動時間(h)の数字を記入すること 「休養日」には設定した期日に「1」を入力すること 「特記事項」には学校行事や校内以外の部活動場所、大会等を記載すること。

顧問氏名

4月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of April.

5月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of May.

6月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of June.

7月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of July.

8月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of August.

9月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of September.

Summary table for April showing planned and actual rest days and activity time averages.

Summary table for May showing planned and actual rest days and activity time averages.

Summary table for June showing planned and actual rest days and activity time averages.

Summary table for July showing planned and actual rest days and activity time averages.

Summary table for August showing planned and actual rest days and activity time averages.

Summary table for September showing planned and actual rest days and activity time averages.

10月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of October.

11月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of November.

12月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of December.

1月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of January.

2月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of February.

3月 計画 実績 特記事項. Table with columns for date, day, time, and activity details for the month of March.

Summary table for October showing planned and actual rest days and activity time averages.

Summary table for November showing planned and actual rest days and activity time averages.

Summary table for December showing planned and actual rest days and activity time averages.

Summary table for January showing planned and actual rest days and activity time averages.

Summary table for February showing planned and actual rest days and activity time averages.

Summary table for March showing planned and actual rest days and activity time averages.

Summary table for the entire year showing total planned and actual rest days and activity time averages.