

Seconds For Each Pull-up In Last Set. Rest 60 Seconds Rest 60 Seconds TRACK IT TRACK IT TRACK IT TRACK IT TRACK IT Set
1 ____ Set 2 ____ Set 3 ____ Set 4 ____ Set 5 ____ Total Pull-ups Per Workout: ____ Make Tick Marks For Each Pull-up,
Total After Final Max Effort Set. Feb 14th, 2024 DAY 01 DAY 02 DAY 03 DAY 04 DAY 05 - Concordia Supply With God! Along
The River, Children Discover That Life With God Is An Adventure Full Of Wonder And Surprise, And That They Can Trust God
To Be With Them Through Anything. Relevant Music, Exciting Science, Creative Crafts Feb 9th, 2024 Year 5 Day 1 Day 2 Day
3 Day 4 Day 5 Maths For Collection From The School Office. Work Can Be Photographed And Emailed For Weekly Feedback.
Screenshots Of The Quiz Results Can Also Be Emailed To Review By Staff. For This Lesson You Can Shade For This Lesson
You Will Need To Day 1 Day 2 Day 3 Day 4 Day 5 E Lesson 1 What Is A Fraction LO: To May 12th, 2024.
DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 - CCFP Roundtable ... Brown Rice Garden Salad Cantaloupe Lunch/Supper 1% Or Fat-free
Milk Chicken Breast Whole-wheat Roll Mashed Potatoes Cherries Lunch/Supper 1% Or Fat-free Milk Roast Beef Barley
Casserole Butternut Squash Fresh Pear Slices Lunch/Supper 1% Or Fat-free Milk Tofu Bean Chili Whole-corn Tortilla Sautéed
Carrots DAY 6 DAY 7 DAY 8 DAY 9 DAY 10 Jan 15th, 2024

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