

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、ミーティング等を記載すること。

Table for April (4月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for May (5月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for June (6月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for July (7月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for August (8月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for September (9月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for October (10月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for November (11月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for December (12月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for January (1月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for February (2月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Table for March (3月) with columns for Day, Day of Week, Planned Time, Rest Day, Actual Time, Rest Day, and Special Items.

Summary table for '平日休養日' (Normal Day Rest Days) showing a planned total of 91 and an actual total of 0.

Summary table for '休養日合計' (Total Rest Days) showing a planned total of 153 and an actual total of 0.