

YOUTH LEADERSHIP AUTHORITY

2023 JUNE

SUNDAY

Black = PT Day

Red - PFT Qualification

Green = Community Service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	31 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	01 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	02 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	03 *PT 6am-10am @ Sunset Park Bring water bottle Staff meets at 5:30am
04 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	05 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	06 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	07 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	08 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	09 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	10 MANDATORY FINAL PFT @ Sunset Park FINAL PFT 6am-9:30am P.W. Review 10am-12pm Family BBQ 12pm-3pm
11 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	12 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	13 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	14 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	15 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	16 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	17 NEW LOCATION @ Henderson Fire Training Center *PT 6:30am-10am 2nd Event 10am-3pm Self-Care Class
18 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	19 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	20 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	21 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	22 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	23 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	24 *PT 6am-10am @ Sunset Park Bring water bottle Staff meets at 5:30am
25 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	26 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	27 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	28 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	29 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	30 5:00am WAKE UP! Push Ups-Pull Ups-Sit Ups Go For A Run! Study: JJDIDTIEBUCKLE	01

Revision 5/3/23

**Notes: ALL *PT & *PFT attire is the YLA & SNDP issued shirt (Eagle, Eagle Helper, Graduation, or I want to be a Devil Pup), YLA long black shorts, white socks, and running shoes. Tape with your last name on shirt.
Eagles and Helpers can wear camelbacks. SNDP bring 2 liter CLEAR bottles with a white cap (soda size).**