

Suggested Timetable Week Beginning: 13.7.20

	Morning	Afternoon
Monday	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>
Tuesday	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>
Wednesday	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>	<p>FF Be Mindful: Pick any activity from the Fitter Future platform</p> <p>Skill Challenge: Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p>Tips and Tricks Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>

Thursday	<p><u>FF Be Mindful:</u> Pick any activity from the Fitter Future platform</p> <p><u>Skill Challenge:</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p><u>Tips and Tricks</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>	<p><u>FF Be Mindful:</u> Pick any activity from the Fitter Future platform</p> <p><u>Skill Challenge:</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p><u>Tips and Tricks</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>
	Friday	<p><u>FF Be Mindful:</u> Pick any activity from the Fitter Future platform</p> <p><u>Skill Challenge:</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5eeHSufkxzxcfc7RB6J1Wyd</p> <p><u>Tips and Tricks</u> Choose from any at: https://www.youtube.com/playlist?list=PLMR0a4zaaR5esYvtBmcpQm-RybvDwM0A</p>