

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。

Table for April (4月) with columns for date, day, planned time, actual time, and special notes.

Table for May (5月) with columns for date, day, planned time, actual time, and special notes.

Table for June (6月) with columns for date, day, planned time, actual time, and special notes.

Table for July (7月) with columns for date, day, planned time, actual time, and special notes.

Table for August (8月) with columns for date, day, planned time, actual time, and special notes.

Table for September (9月) with columns for date, day, planned time, actual time, and special notes.

Summary table for April showing average practice days and activity time.

Summary table for May showing average practice days and activity time.

Summary table for June showing average practice days and activity time.

Summary table for July showing average practice days and activity time.

Summary table for August showing average practice days and activity time.

Summary table for September showing average practice days and activity time.

Table for October (10月) with columns for date, day, planned time, actual time, and special notes.

Table for November (11月) with columns for date, day, planned time, actual time, and special notes.

Table for December (12月) with columns for date, day, planned time, actual time, and special notes.

Table for January (1月) with columns for date, day, planned time, actual time, and special notes.

Table for February (2月) with columns for date, day, planned time, actual time, and special notes.

Table for March (3月) with columns for date, day, planned time, actual time, and special notes.

Summary table for October showing average practice days and activity time.

Summary table for November showing average practice days and activity time.

Summary table for December showing average practice days and activity time.

Summary table for January showing average practice days and activity time.

Summary table for February showing average practice days and activity time.

Summary table for March showing average practice days and activity time.

Vertical summary table on the right side showing totals for practice days and activity time.