

ACTIVITY PAGE# 108

	Sample	Activity 1	Activity 2	Activity 3
Task	Safe Zone			
Active Goal	10 min			
Rest Goal	10 min			
Day 1	WAD (1) only			
Day 2	WAD (2) only			
Day 3	WAD (3) goal only			
Day 4	WAD (4) goal			
Day 5	WAD (5) goal			
Day 6	WAD (6) goal			
Day 7	WAD (7) goal goal			
Overall	Average (11)			