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Week 8								
Veek 9								
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Veek 11								
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Veek 13								
TERM 2	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Veek 1	WIOTI	Tue	VVCu	IIIdi		Jat	Juli	TOTAL
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	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Week 1	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Week 1 Week 2	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Week 1 Week 2 Week 3	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Week 1 Week 2 Week 3 Week 4	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Week 1 Week 2 Week 3 Week 4 Week 5	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
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Neek 1 Neek 2 Neek 3 Neek 4 Neek 5 Neek 6 Neek 7	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
Neek 1 Neek 2 Neek 3 Neek 4 Neek 5 Neek 6 Neek 7 Neek 8 Neek 9	Mon	Tue	Wed	Thur	Fri	Sat	Sun	TOTAL
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Neek 1 Neek 2 Neek 3 Neek 4 Neek 5 Neek 6 Neek 7 Neek 8 Neek 9 Neek 10 Neek 11 Neek 12 Neek 13 TERM 4 Neek 1 Neek 2 Neek 3 Neek 4								
Neek 1 Neek 2 Neek 3 Neek 4 Neek 5 Neek 6 Neek 7 Neek 8 Neek 9 Neek 10 Neek 11 Neek 12 Neek 13 TERM 4 Neek 1 Neek 2 Neek 3 Neek 4 Neek 5								
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How did you score?

5 or more per week SUPERB. You are moving strongly toward mastery.
4 per week EXCELLENT. You are moving toward mastery.

3 per week Just maintaining your skill, moving forward if you are practising skillfully.

2 per week
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