

		-400	THESI	E ARE	THE T	RACK	ING S	HEETS	FOR	USE IN	N THE	SPOR	TS ME	RIT B	ADGE		
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16	Thu																
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SPORT CHOICE:	Training / Practice / Development Description																



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SPORT CHOICE:			×	WEEK # 13	m					₹	WEEK # 14	14		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



SPORT CHOICE:			W	WEEK # 11	Ħ					W	WEEK # 12	5		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



SPORT CHOICE:			*	WEEK# 9	6	ı				Š	WEEK # 10	10		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



SPORT CHOICE:			>	WEEK#7	_					3	WEEK # 8	œ		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



SPORT CHOICE:			>	WEEK # 5	ın					>	WEEK # 6	9		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



SPORT CHOICE:			>	WEEK#3	m					>	WEEK # 4	4		
Training / Practice / Development Description	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat



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SPORT CHOICE:	Training / Practice / Development Description										