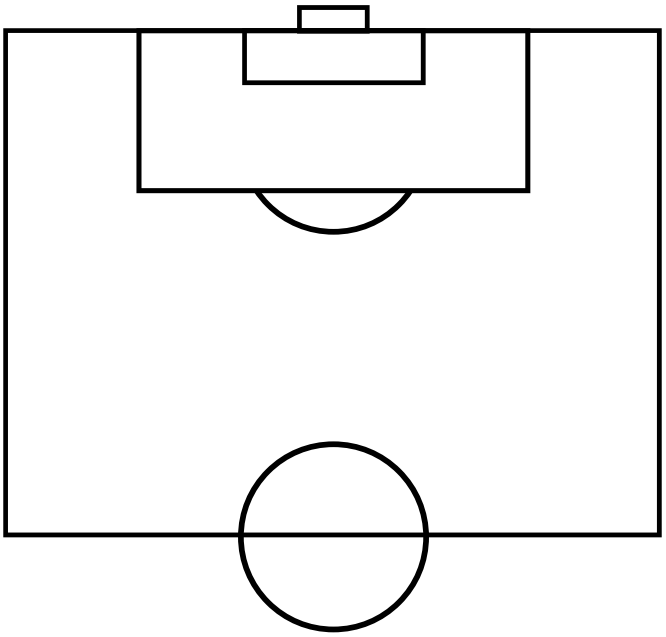
SESSION: _____ DATE: _____

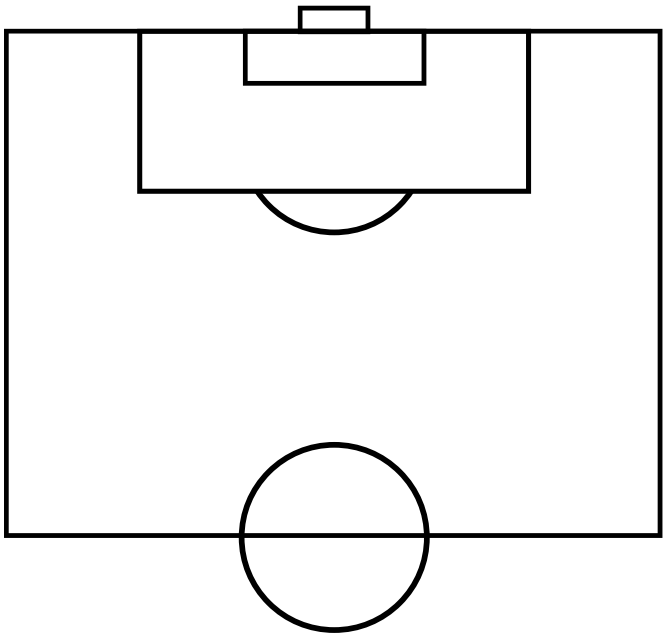
ACTIVITY: DURATION:



DESCRIPTION

COACHING POINTS

ACTIVITY: DURATION:



DESCRIPTION

COACHING POINTS