

Level 1



Sessions	Date Complete
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	
Session 7	
Session 8	
Session 9	
Session 10	

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Level 2



Sessions	Date Complete
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	
Session 7	
Session 8	
Session 9	
Session 10	
Session 11	
Session 12	
Session 13	
Session 14	
Session 15	

Session 16	
Session 17	
Session 18	
Session 19	
Session 20	
Session 21	
Session 22	
Session 23	
Session 24	
Session 25	
Session 26	
Session 27	
Session 28	
Session 29	
Session 30	

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Level 3



Sessions	Date Complete
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	
Session 7	
Session 8	
Session 9	
Session 10	
Session 11	
Session 12	
Session 13	
Session 14	
Session 15	
Session 16	
Session 17	
Session 18	
Session 19	
Session 20	
Session 21	
Session 22	
Session 23	
Session 24	
Session 25	

Session 26	
Session 27	
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Session 31	
Session 32	
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Session 34	
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Session 36	
Session 37	
Session 38	
Session 39	
Session 40	
Session 41	
Session 42	
Session 43	
Session 44	
Session 45	
Session 46	
Session 47	
Session 48	
Session 49	
Session 50	

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Level 4



Sessions	Date Complete
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	
Session 7	
Session 8	
Session 9	
Session 10	
Session 11	
Session 12	
Session 13	
Session 14	
Session 15	
Session 16	
Session 17	
Session 18	
Session 19	
Session 20	
Session 21	
Session 22	
Session 23	
Session 24	
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Session 27	
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Session 30	
Session 31	
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Session 33	
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Session 63	
Session 64	

Session 65	
Session 66	
Session 67	

Session 68	
Session 69	
Session 70	

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Level 5



Sessions	Date Complete
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	
Session 7	
Session 8	
Session 9	
Session 10	
Session 11	
Session 12	
Session 13	
Session 14	
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Session 92	
Session 93	
Session 94	
Session 95	
Session 96	
Session 97	
Session 98	
Session 99	
Session 100	

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