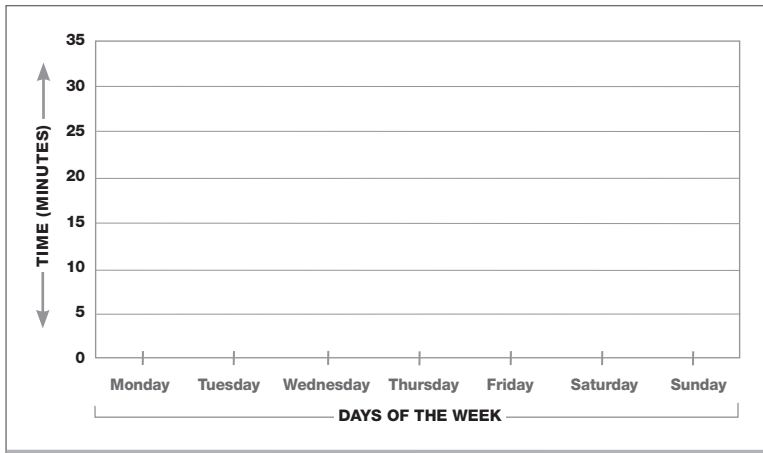
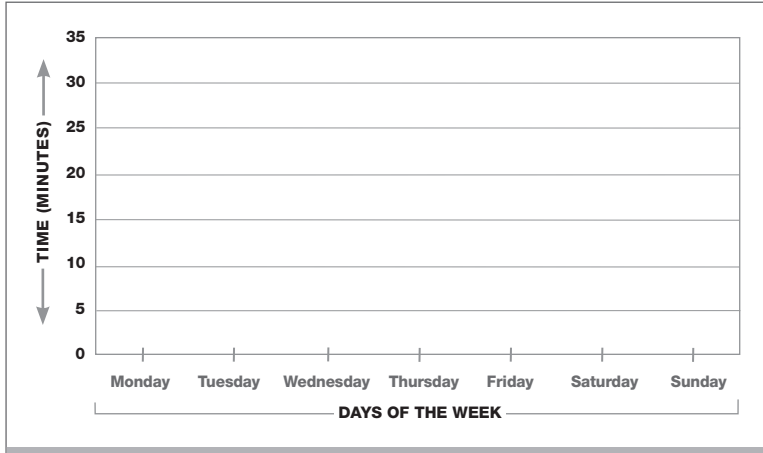


Appendix 1: Progress Charts

The following blank charts can be helpful in plotting your progress for different exercises, as we did in Chapter 10. You can use graph paper to make similar kinds of charts if you find it helpful.



Here is another format that allows you to organize your activities and exercises.

ACTIVITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday