

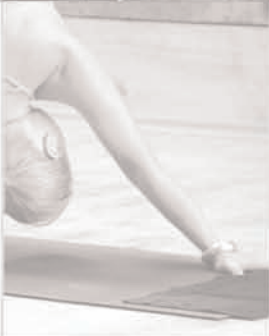























# INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	VERSATILE WARRIOR	RESPONSIBLE WARRIOR		FREED WARRIOR	FLUID WARRIOR	GENTLE WARRIOR	
2	FOCUSED WARRIOR	HONED WARRIOR		STALKING WARRIOR	SEEKING WARRIOR	COILED WARRIOR	
3	COMPASSIONATE WARRIOR	RETURNING WARRIOR		VERSATILE WARRIOR	RESPONSIBLE WARRIOR	FREED WARRIOR	
4	FLUID WARRIOR	GENTLE WARRIOR		FOCUSED WARRIOR	HONED WARRIOR	STALKING WARRIOR	

# INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	SEEKING WARRIOR	COILED WARRIOR		COMPASSIONATE WARRIOR	RETURNING WARRIOR	VERSATILE WARRIOR	
6	RESPONSIBLE WARRIOR	FREED WARRIOR		FLUID WARRIOR	GENTLE WARRIOR	FOCUSED WARRIOR	
7	HONED WARRIOR	STALKING WARRIOR		SEEKING WARRIOR	COILED WARRIOR	COMPASSIONATE WARRIOR	
8	RETURNING WARRIOR	VERSATILE WARRIOR		RESPONSIBLE WARRIOR	FREED WARRIOR	FLUID WARRIOR	

# INTERMEDIATE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	VERSATILE WARRIOR	RESPONSIBLE WARRIOR		FREED WARRIOR	FLUID WARRIOR	GENTLE WARRIOR	
10	FOCUSED WARRIOR	HONED WARRIOR		STALKING WARRIOR	SEEKING WARRIOR	COILED WARRIOR	
11	COMPASSIONATE WARRIOR	RETURNING WARRIOR		VERSATILE WARRIOR	RESPONSIBLE WARRIOR	FREED WARRIOR	
12	FLUID WARRIOR	GENTLE WARRIOR		FOCUSED WARRIOR	HONED WARRIOR	STALKING WARRIOR	



# INTERMEDIATE

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

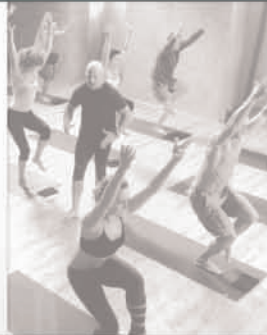
SATURDAY

SUNDAY

13

SEEKING  
WARRIOR

COILED  
WARRIOR



COMPASSIONATE  
WARRIOR

RETURNING  
WARRIOR

