



## STAGE 1

DAY	1	2	3	4	5	6	7	8	9	10
MORNING OR EVENING	SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4		SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4	

## STAGE 2

DAY	1	2	3	4	5	6	7	8	9	10
MORNING	SCS PART 1	SCS PART 3	SCS PART 1	SCS PART 3		SCS PART 1	SCS PART 3	SCS PART 1	SCS PART 3	
EVENING	SCS PART 2	SCS PART 4	SCS PART 2	SCS PART 4		SCS PART 2	SCS PART 4	SCS PART 2	SCS PART 4	

## STAGE 3

DAY	1	2	3	4	5	6	7	8	9	10
MORNING	SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4		SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4	
EVENING	SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4		SCS PART 1	SCS PART 2	SCS PART 3	SCS PART 4	

## STAGE 4

DAY	1	2	3	4	5	6	7	8	9	10
MORNING	SCS PART 1	SCS PART 3	SCS PART 1	SCS PART 3		SCS PART 1	SCS PART 3	SCS PART 1	SCS PART 3	
EVENING	SCS PART 2	SCS PART 4	SCS PART 2	SCS PART 4		SCS PART 2	SCS PART 4	SCS PART 2	SCS PART 4	

