Mus Sessions Sessions	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Activities Sessions	,	,	,		, -	•	,
Retain							
Experiment							
Play							
Learn							
Apply							

I activity—make it Retain

You have started your engines and are taxiing to the runway.

2 activities—Retain +?

You are zooming down the runway.

Destination...Success!

3 activities/day

You have lift off!!

4 activities/day

You are soaring through
the sky.

5 activities/day

You flying high and doing a loop the loop!