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| --- | --- | --- | --- | --- |
| **Session 1** | **What is my aim?** | **What equipment do I need?** | **Why am I doing this?** | **How did it go?** |
| **Session 2** |  |  |  |  |
| **Session 3** |  |  |  |  |
| **Session 4** |  |  |  |  |
| **Session 5** |  |  |  |  |
| **Session 6** |  |  |  |  |
| **Session 7** |  |  |  |  |
| **Session 8** |  |  |  |  |

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