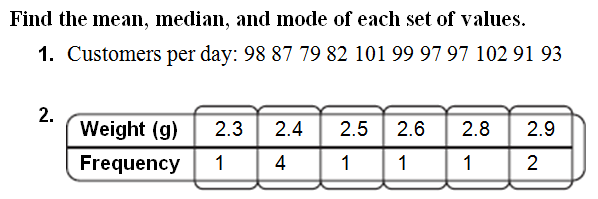
11.6 Day 1 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Per. \_\_\_\_\_



**Remember: Frequency 4 means “2.4, 2.4, 2.4, 2.4”**

