

Table for Franick and Bolar (page 1 of 2)

	DAY	FRANICK	BOLAR
	Beginning	30	0
WEEK 1	Day 1	33	5
	Day 2	36	10
	Day 3	39	15
	Day 4	42	20
	Day 5	45	25
	Day 6	48	30
	Day 7	51	35
WEEK 2	Day 8		
	Day 9		
	Day 10		
	Day 11		
	Day 12		
	Day 13		
	Day 14		