

## Appendix A

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Session 1: Individual Lesson	Session 2: Individual Lesson	Session 3: Group Lesson	Session 4: Group Lesson	Session 5: Group Lesson	Session 6: Individual Lesson	Session 7: Group Lesson	Session 8: Individual Lesson	Session 9: Group Lesson	Session 10: Group Lesson