



# Daily 5 Stamina GRAPH



How many minutes can we work independently?

20															
19															
18															
17															
16															
15															
14															
13															
12															
11															
10															
9															
8															
7															
6															
5															
4															
3															
2															
1															
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15