Start Week			Jan 5, 2014																		
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
Starting	Jan	Jan	Jan	Jan	Feb		Feb	Feb	Mar	Mar	Mar	Mar	Mar	Apr	Apr		Apr	May	7.20	May	Notes
Phase	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20	27	4	11	18	
One																					
Phase																					
Two	_																				
	H																				
Phase																					
Three																					
	_																				
	-																				
	-																				