

APPENDIX 8 - CREATE REWARD SCHEDULE

1. Write all rewards you can think of below.		
2. Remove unrealistic rewards.		
3. Choose five rewards.		
4. Rank the five chosen rewards.		
5. Enter the chosen rewards in the training schedule (Appendix 10)		
Suggested rewards	Chosen rewards (mark 5 with x)	Rank (1-5) 1 = Most valuable 5 = Least valuable