

Are You O.K.?

**Break Time
and Rest Room Break
(Return Here)**

**Do you remember the
4 challenges you were
given last night?**

**Break Time
Drink Plenty of Water!**

Time to Relax ...

**... We'll Go When it's
Time**

Got Medicine?

**Take it when you Need
it.**

**Let's Do A "Roll Call"
From The List**

**The Four Tests:
A Night Alone, Silence,
Scant Food, Service.**

***Do you want to
continue?***