

1st Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
2nd Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
3rd Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
4th Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				

Follow up

1st Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
2nd Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
3rd Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				
4th Distance	Feelings	Physical		Mental	
	Stress	High	Low	High	Low
	Relaxed				
	Focused				

Follow up