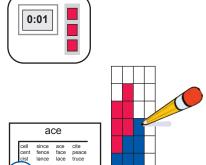
Varm-ups steps

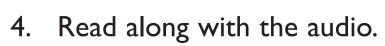
I. Look, listen, and respond.



2. Do your cold timing.



3. Mark and graph your cold score.





5. Practice reading on your own.



6. Do your hot timing with a teacher.



7. Mark and graph your hot score.

