

Strength & Endurance	5.00	5.00	4.50	5.00	5.00	5.00	3.75	4.50	5.00
Nimbleness	4.33	5.00	2.67	5.00	5.00	4.67	4.67	4.67	4.33
Meditation as stress reducer	5.00	4.50	4.50	5.00	5.00	5.00	5.00	5.00	5.00
Meditation is a life skill	5.00	3.00	4.67	4.33	5.00	5.00	5.00	5.00	5.00