## HOURLY TIMELINE

USE THIS AS A GUIDE ON HOW TO LEAD YOUR HOURLY SESSION!



RULE OF THUMB: WELCOME AND NEXT STEPS VIDEO ARE 1 MINUTE TO 1 MINUTE AND A HALF EACH. PLEASE KICKOFF YOUR HOUR WITH THE WELCOME AND RESERVE 5 MINUTES BEFORE THE NEXT HOUR STARTS TO PLAY THE NEXT STEPS VIDEO AND GIVE TIME THE NEXT HOURLY CAPTAIN TIME TO PREPARE!

