| $9 \times 7 \mathrm{~min} / \mathrm{wk}$ <br> with supervision | $3 \times 20 \mathrm{~min} / \mathrm{wk}$ <br> with supervision | $1 \times 60 \mathrm{~min} / \mathrm{wk}$ <br> with supervision |
| :---: | :---: | :---: | effect of time-wise combination

