|  |  |  |
| --- | --- | --- |
| **JOUR** | **IDEAL** | **ACTUEL** |
| 1 | 108 | 108 |
| 2 | 104 | 104 |
| 3 | 100 | 100 |
| 4 | 96 | 97 |
| 5 | 92 | 95 |
| 6 | 88 | 92 |
| 7 | 84 | 86 |
| 8 | 80 | 80 |
| 9 | 76 | 75 |
| 10 | 72 | 70 |
| 11 | 68 | 65 |
| 12 | 64 | 60 |
| 13 | 60 | 55 |
| 14 | 56 | 50 |
| 15 | 52 |  |
| 16 | 48 |  |
| 17 | 44 |  |
| 18 | 40 |  |
| 19 | 36 |  |
| 20 | 32 |  |
| 21 | 28 |  |
| 22 | 24 |  |
| 23 | 20 |  |
| 24 | 16 |  |
| 25 | 12 |  |
| 26 | 8 |  |
| 27 | 4 |  |