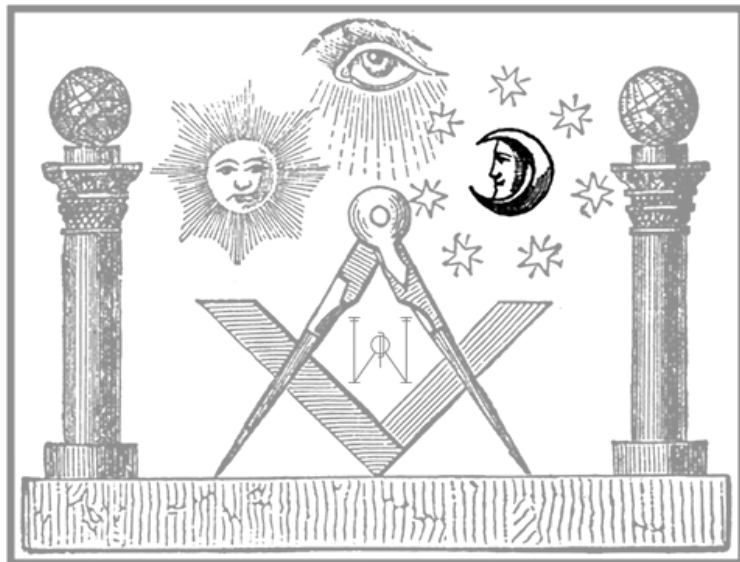
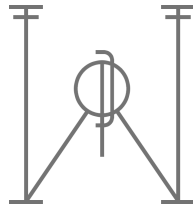


EVENING


*\*goal 15-30min total*





MORNING


*\*goal 15-30min total*

