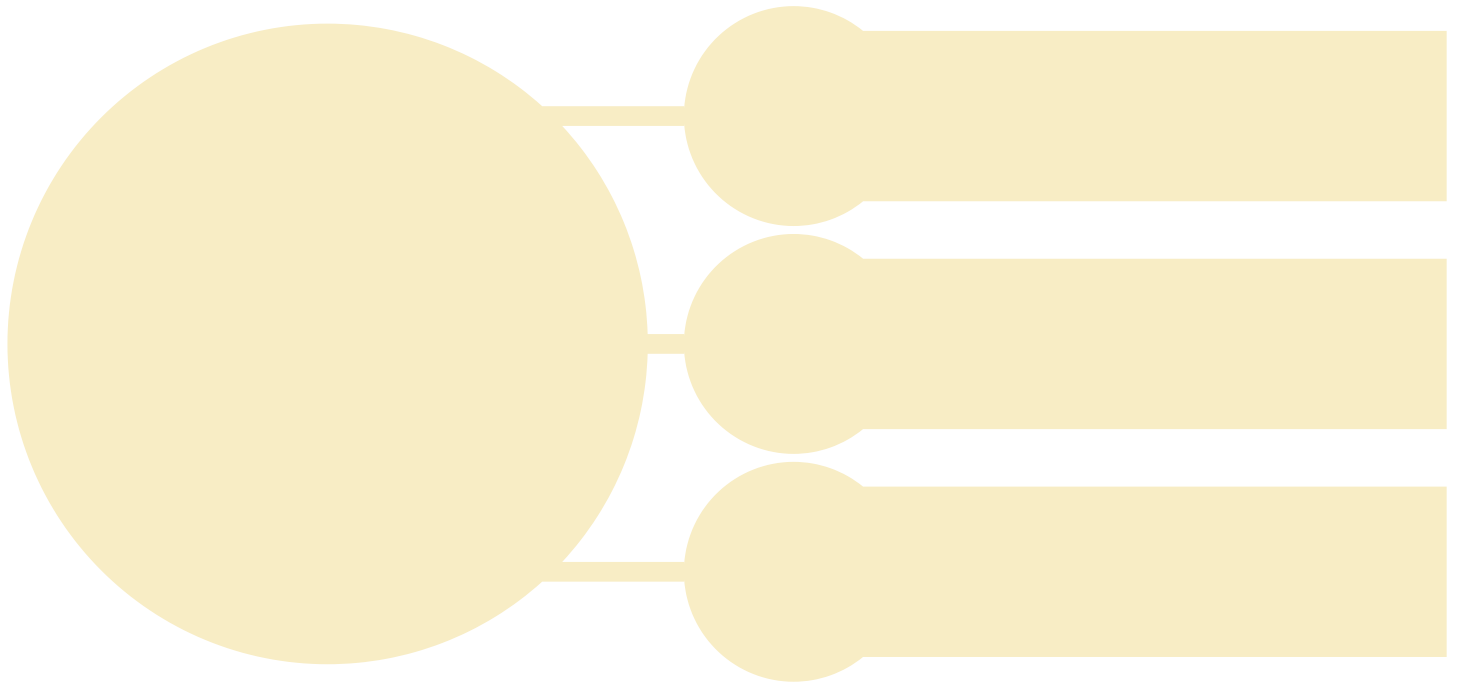
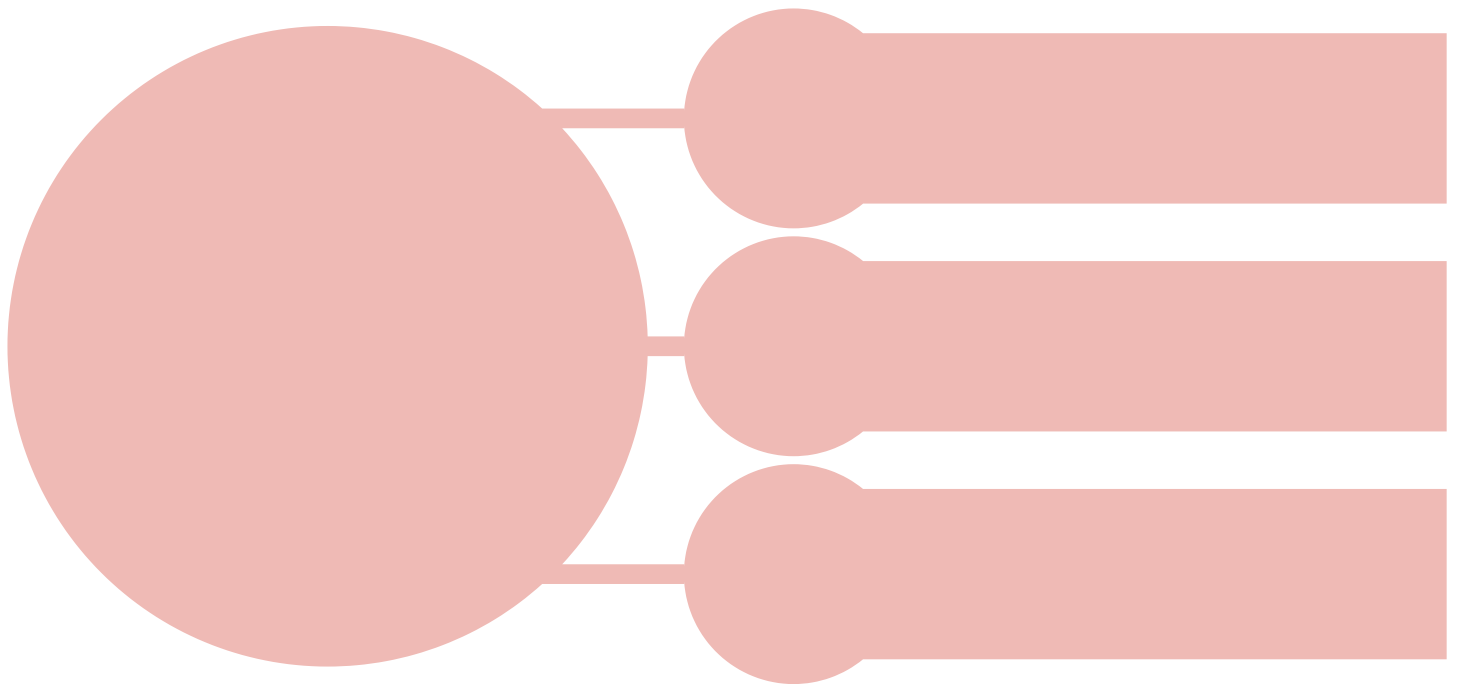


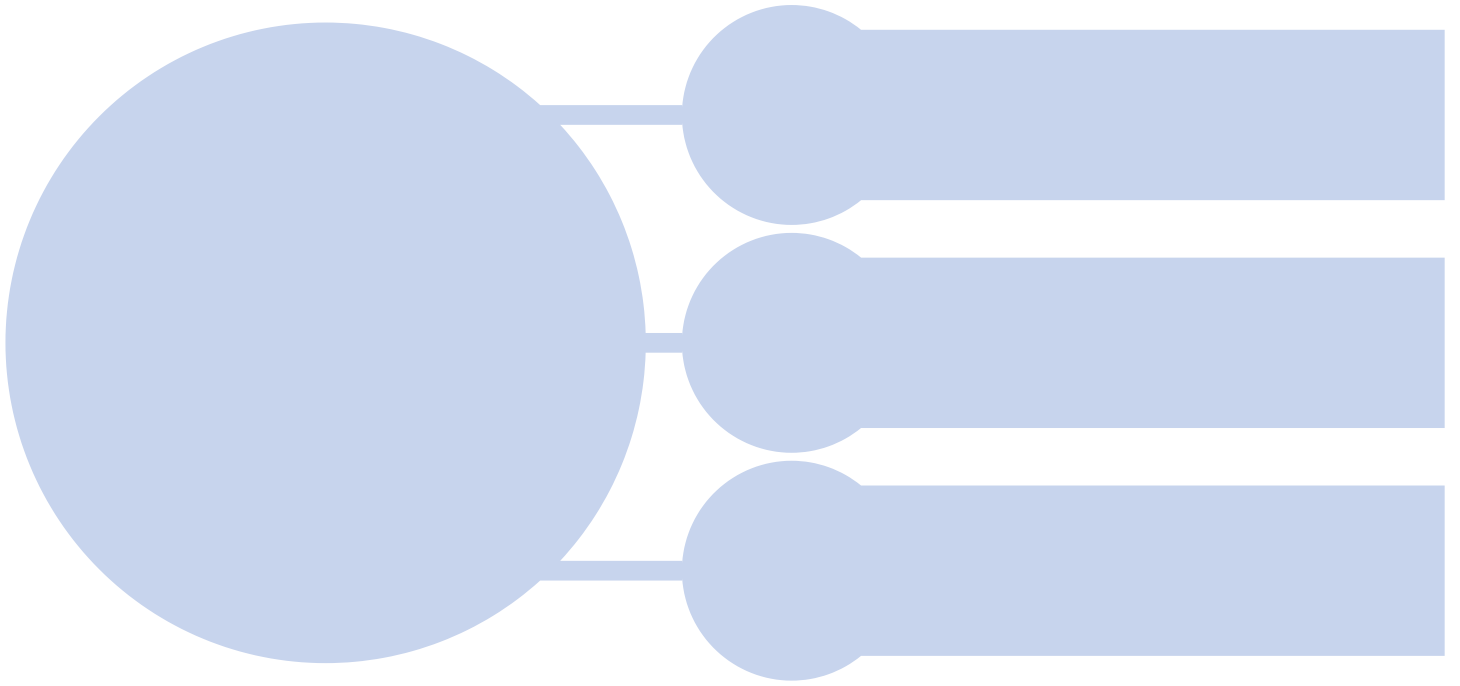
Daily Routine



Morning Routine



Afternoon Routine



Evening Routine