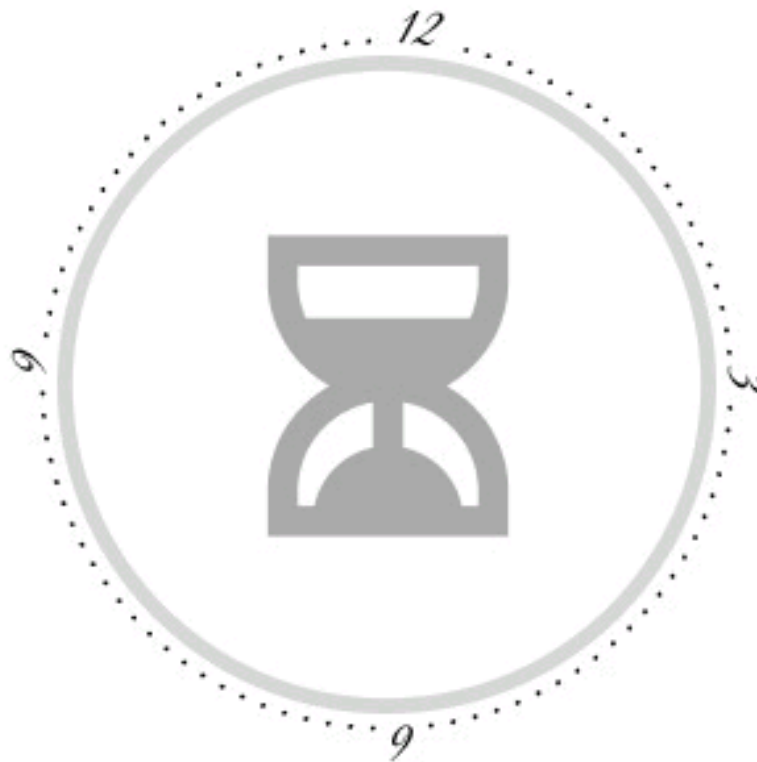




Hello Welcome Back!!

*"The earlier you start working on something,
the earlier you will see results."*



Focus



Do not disturb





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mon

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Tue

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Wed

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My Task:

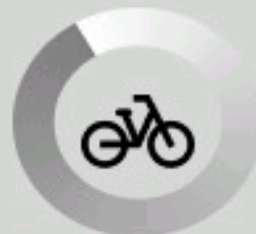
Exercise ►



Today's Goal



1hr/day



2.5hr/week





My personal comfort

