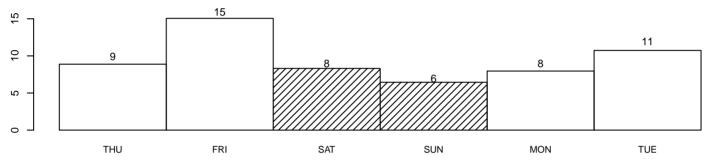
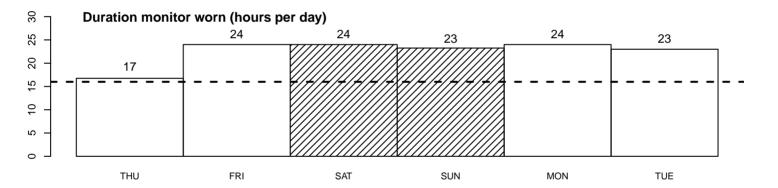
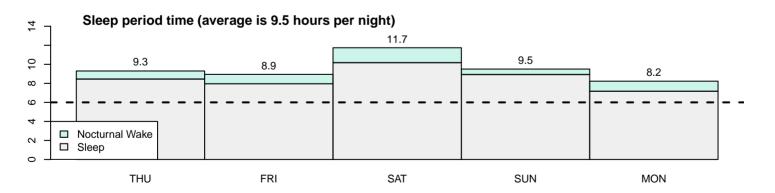
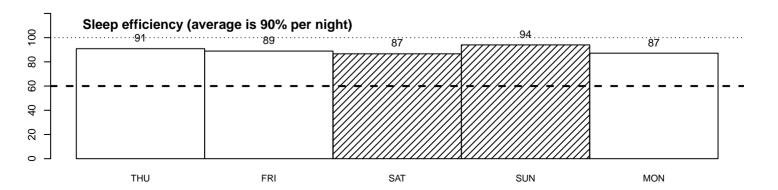


Total physical activity (average per day is 10 mg)









10am

noon

2pm

4pm

6pm

8pm

midnight

2am

4am

6am

8am

midnight

10pm