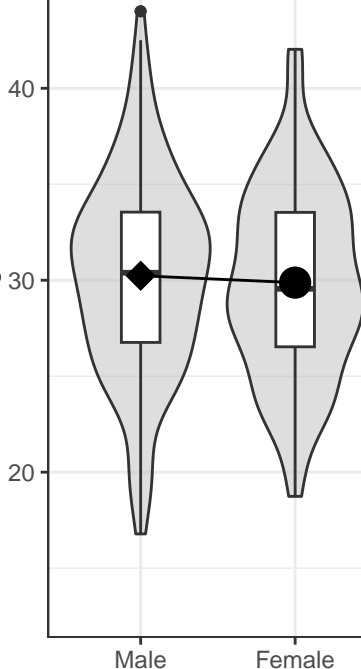
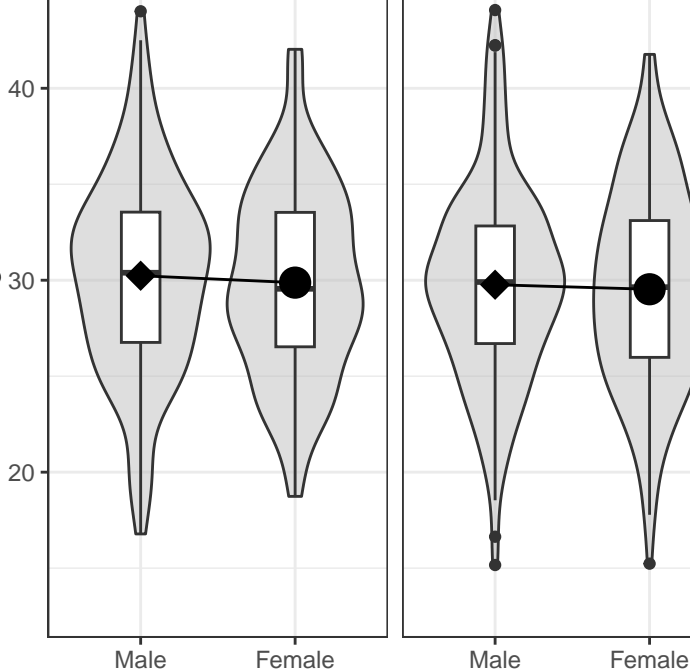


Effort Rating, 0-50

Jogging



Swimming



Reading

