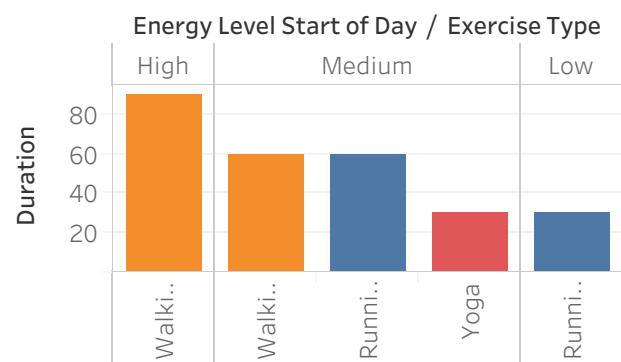
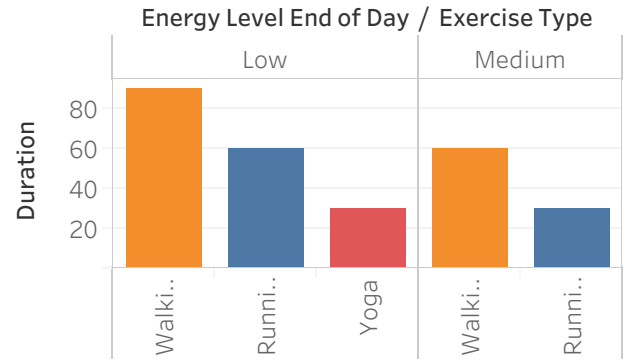


How Exercise and Sleep Influence Energy Levels

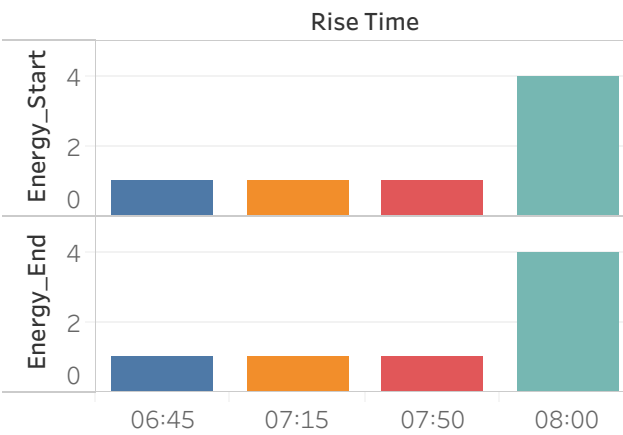
Energy Level and Exercise - Start of Day of Day



Energy Level and Exercise - End of Day of Day



Energy Levels by Rise Time



Energy Levels by Bed Time

