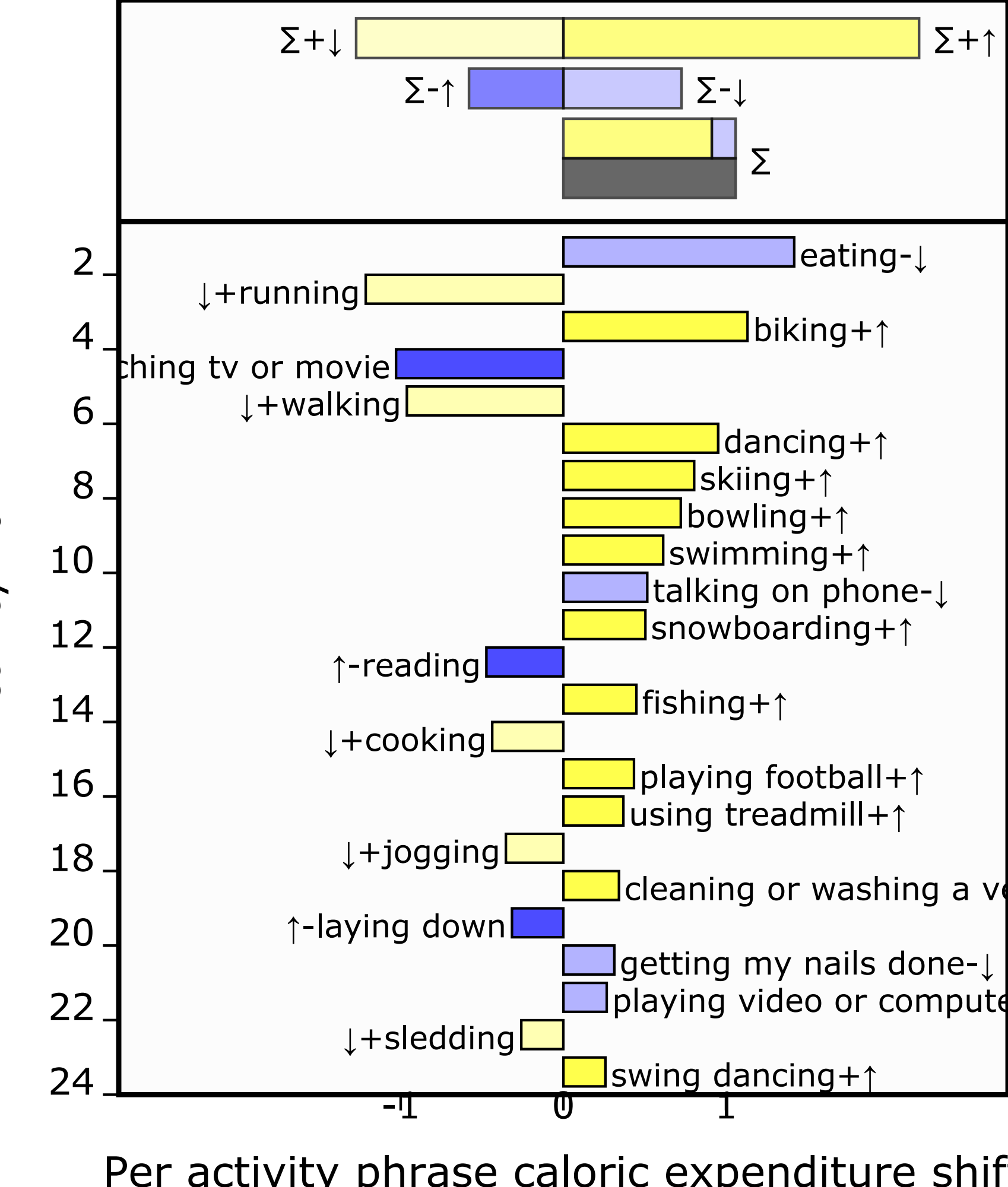
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fishing+↑
↓+cooking
playing football+↑
using treadmill+↑
↓+jogging
cleaning or washing a ve
↑-laying down
getting my nails done-↓
playing video or compute
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swing dancing+↑
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