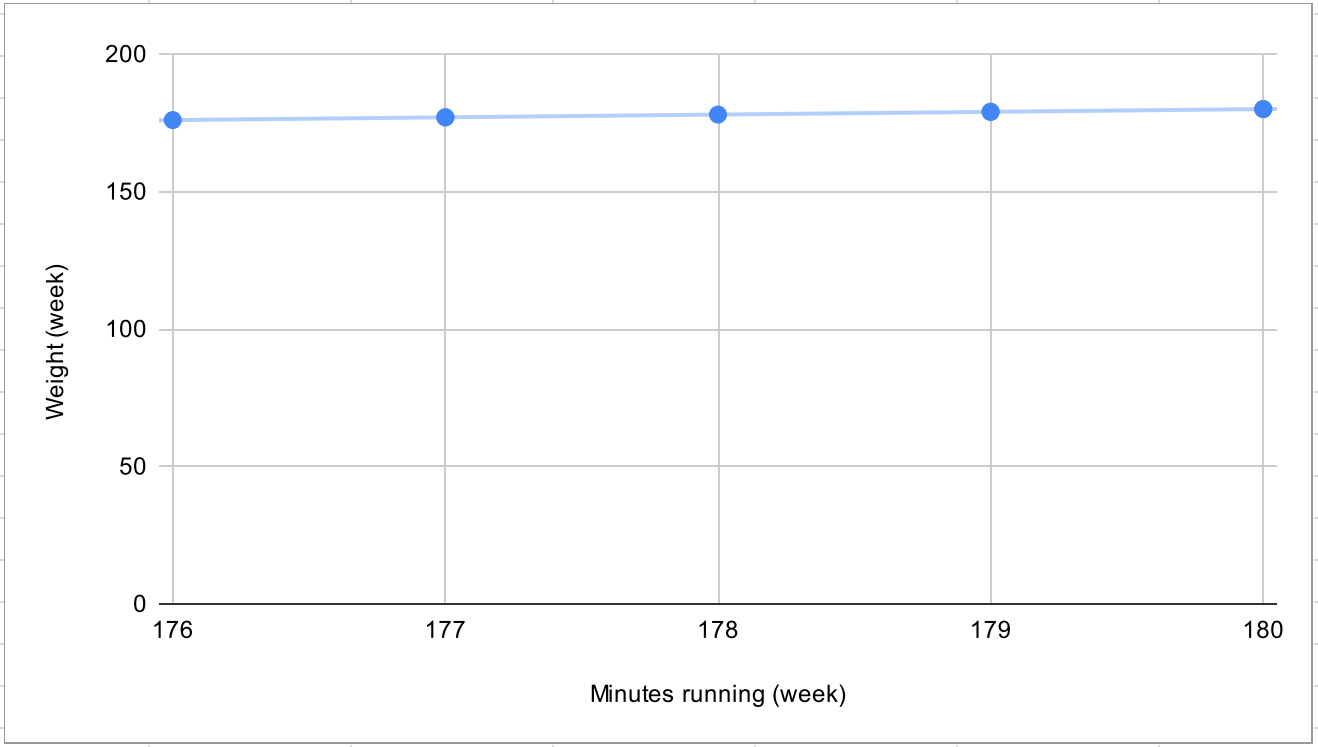Minutes running	Weight (week)
90	180
50	178
60	179
70	177
62	180
55	179
58	177
60	176