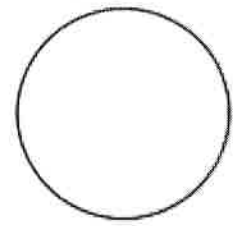
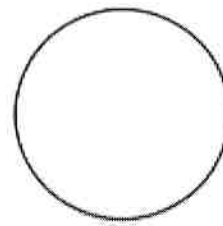
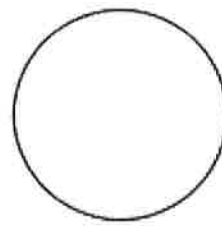
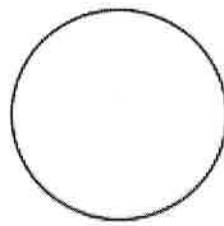
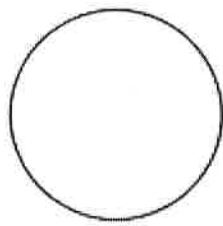
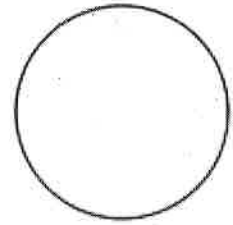
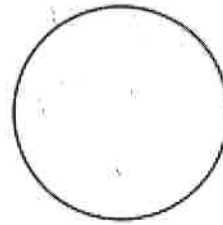
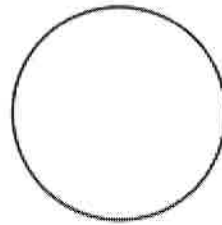
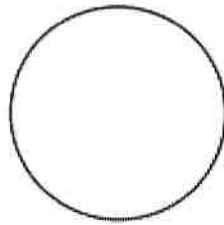
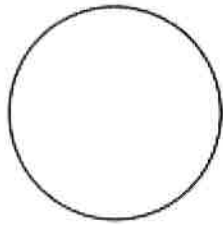
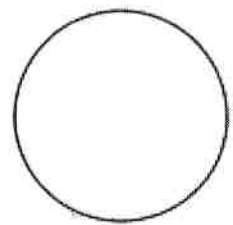
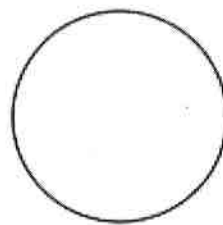
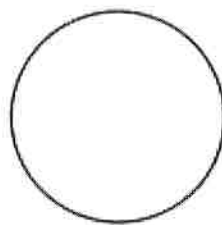
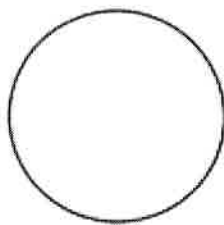
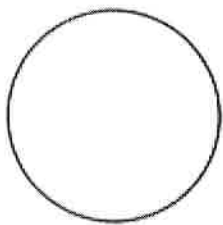
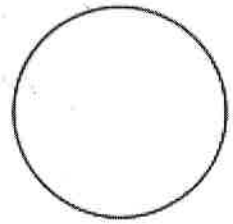
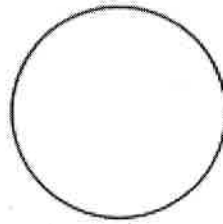
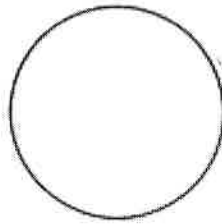
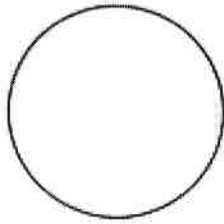
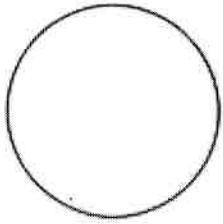
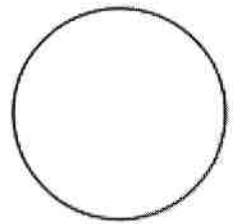
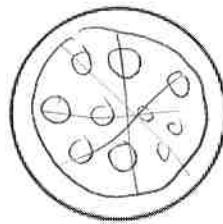
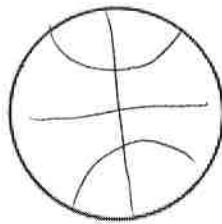
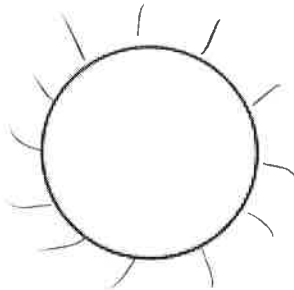
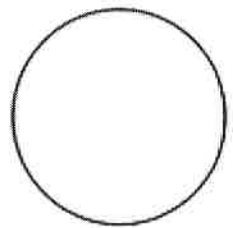
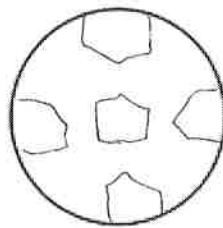
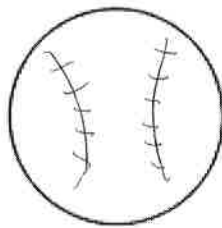
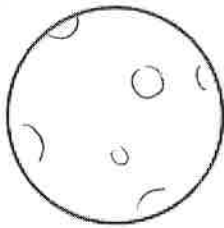


The 30 circle challenge

GM

2 hrs

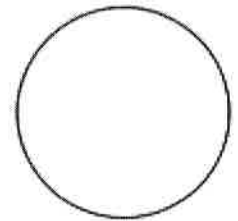
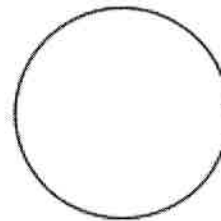
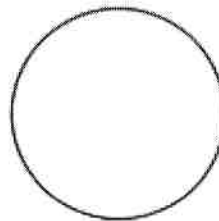
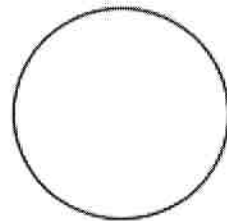
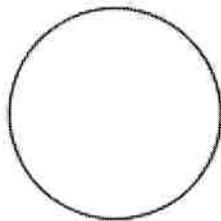
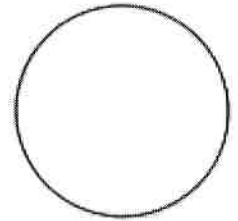
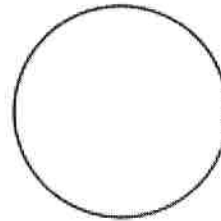
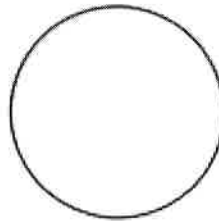
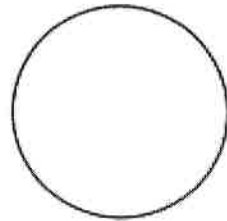
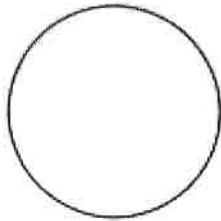
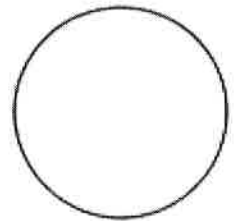
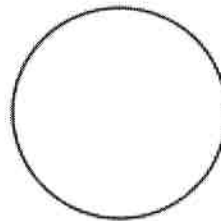
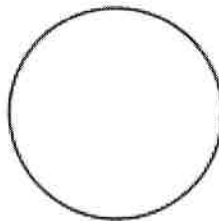
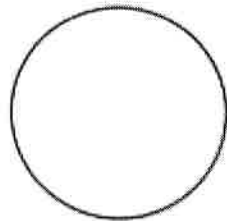
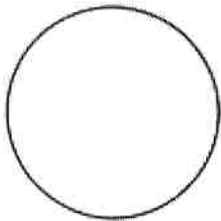
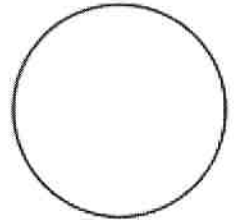
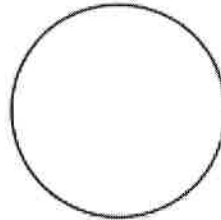
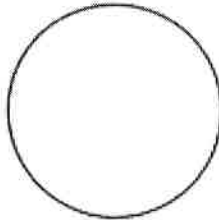
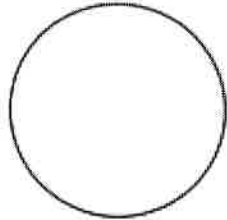
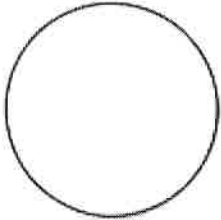
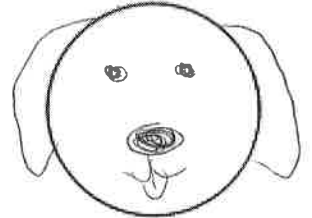
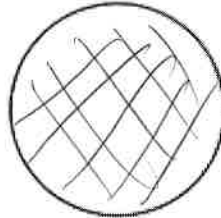
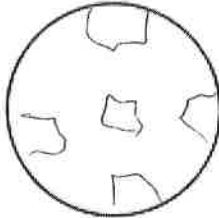
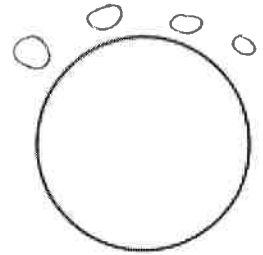
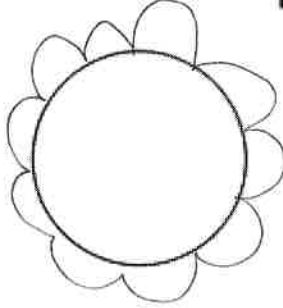
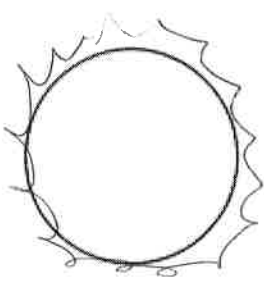
Before



GM

After

The 30 circle challenge

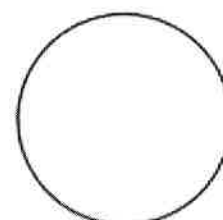
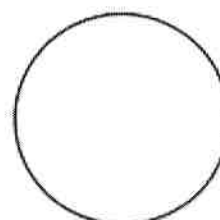
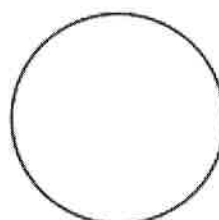
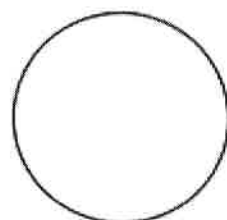
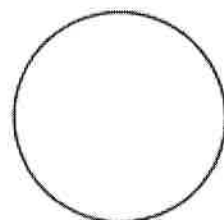
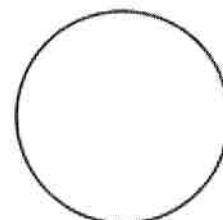
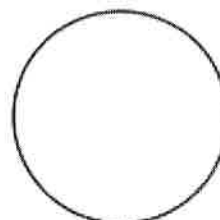
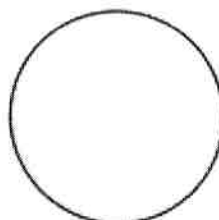
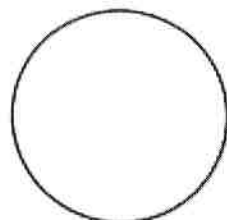
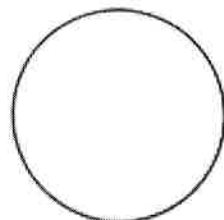
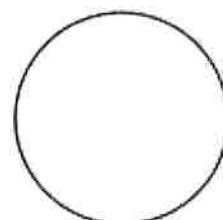
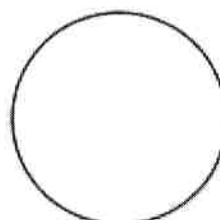
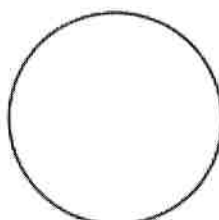
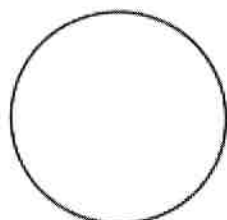
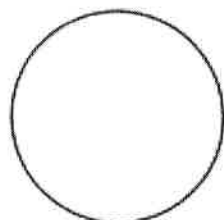
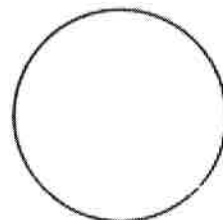
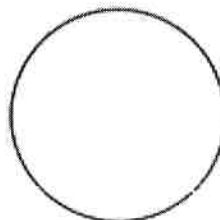
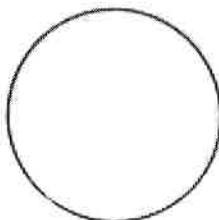
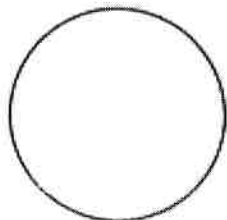
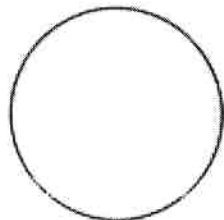
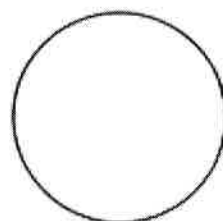
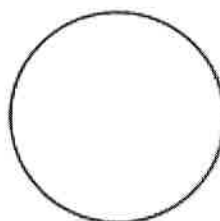
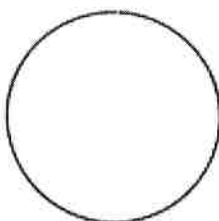
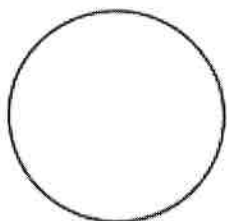
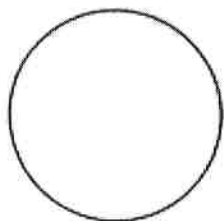
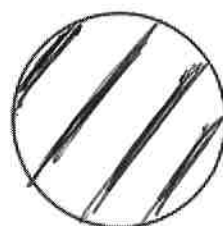
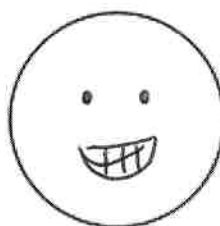
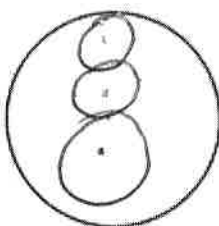
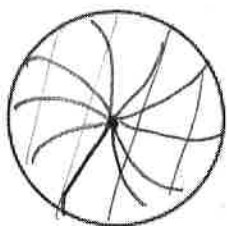


CD

3 hours

before

The 30 circle challenge

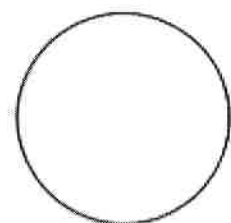
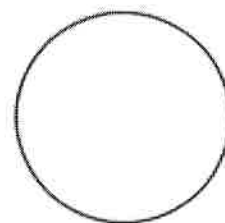
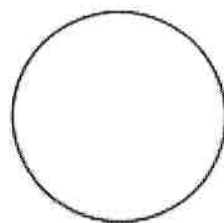
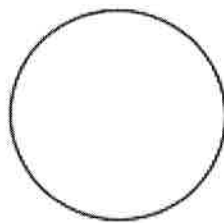
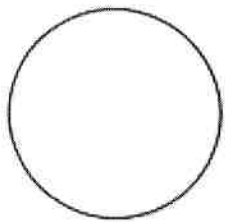
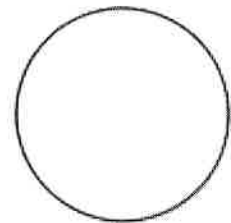
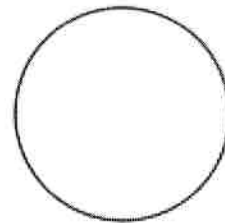
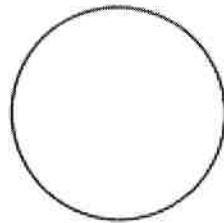
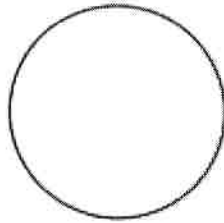
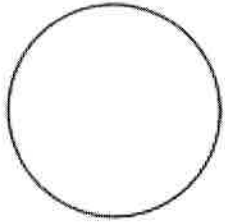
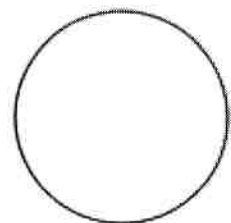
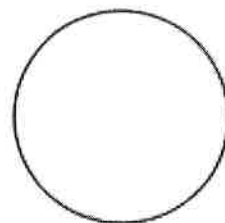
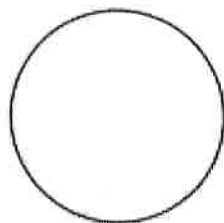
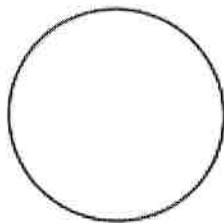
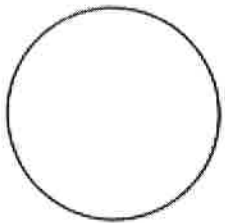
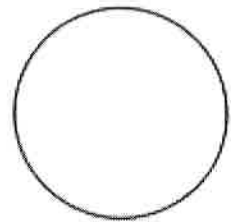
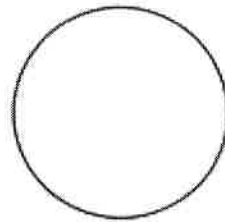
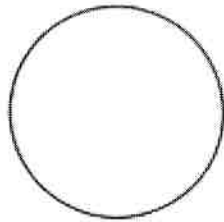
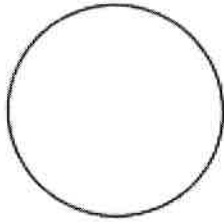
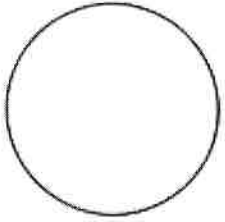
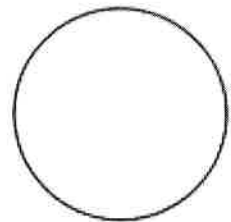
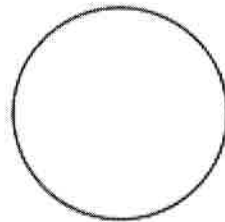
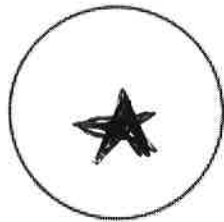
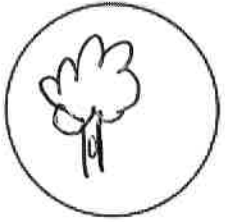
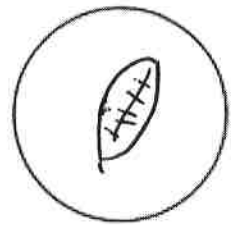
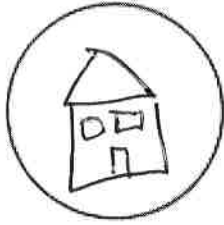


8/14

CD

After

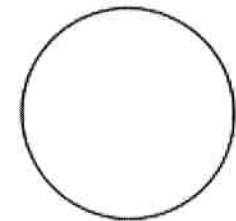
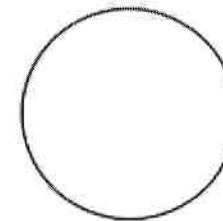
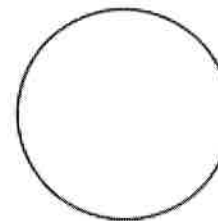
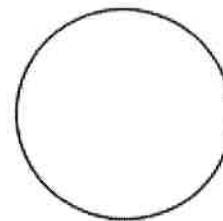
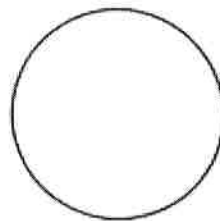
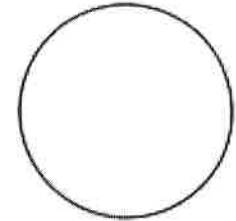
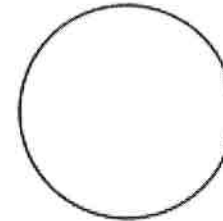
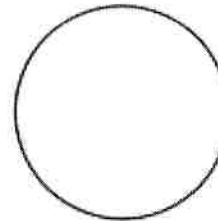
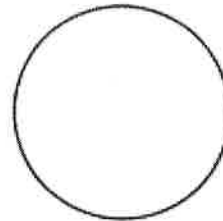
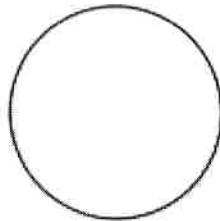
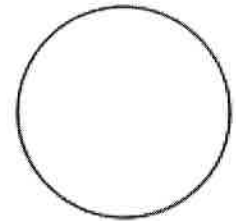
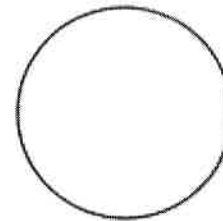
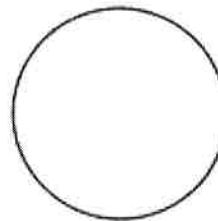
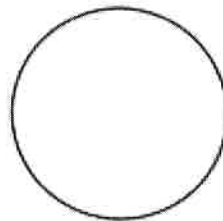
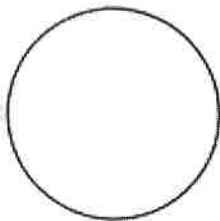
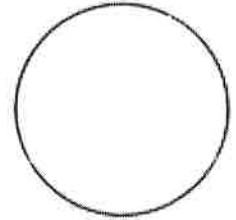
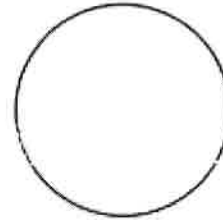
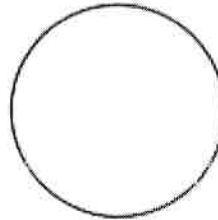
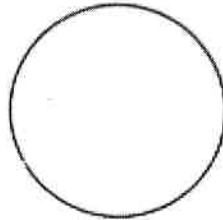
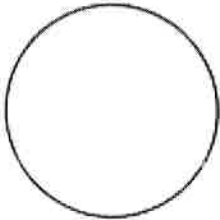
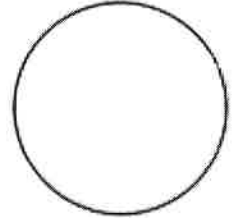
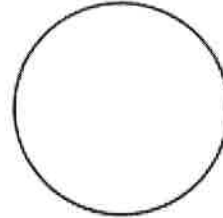
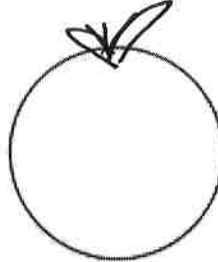
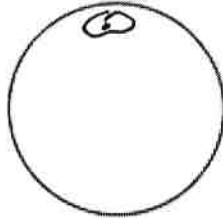
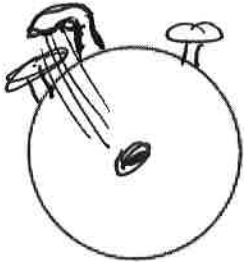
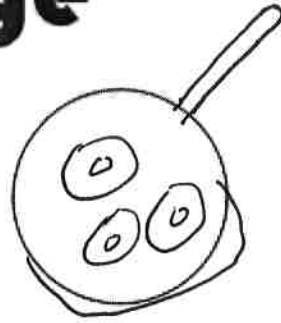
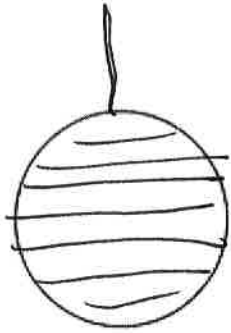
The 30 circle challenge



Before

CJ
3

The 30 circle challenge

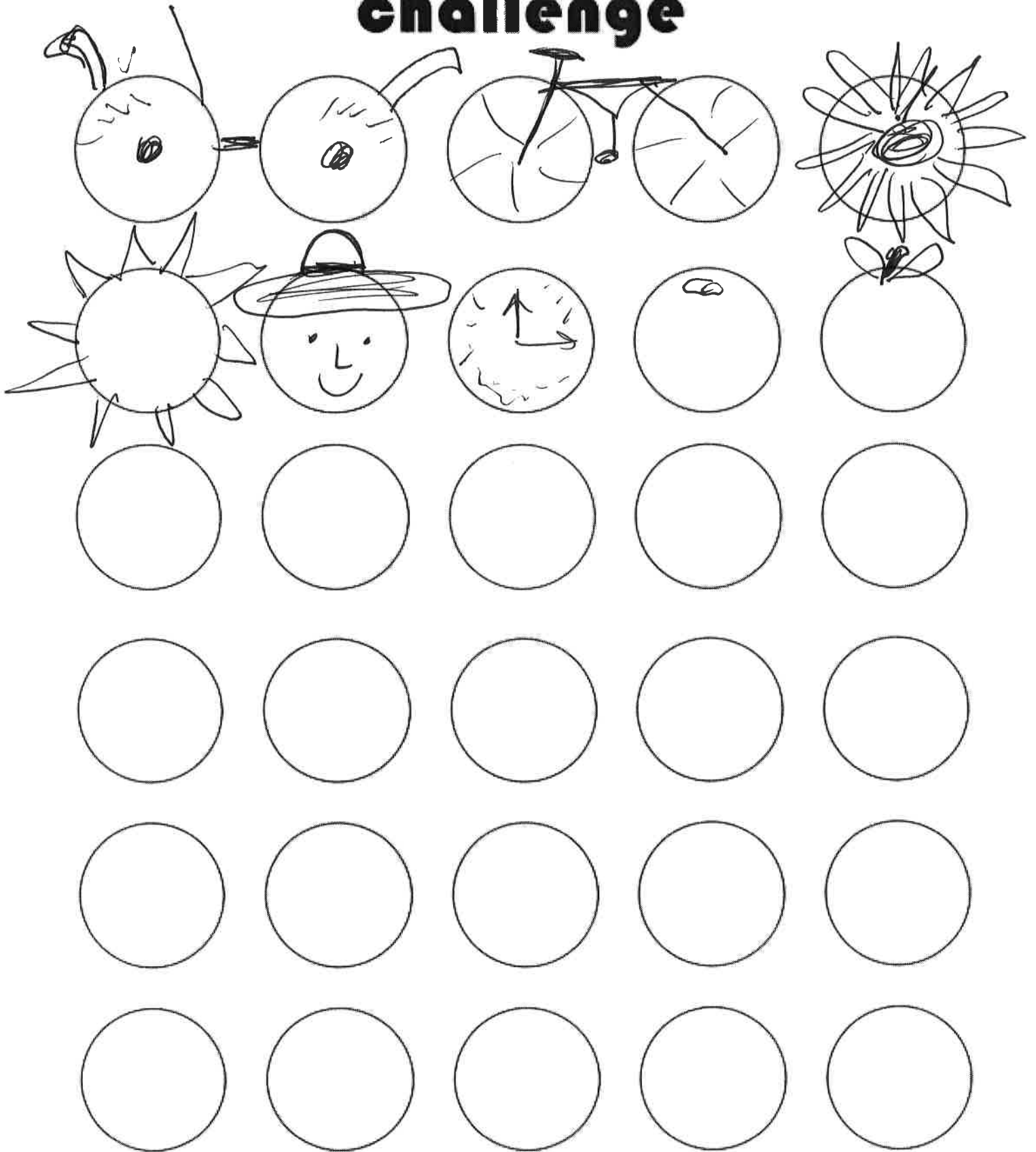


15 hrs

Wpkr

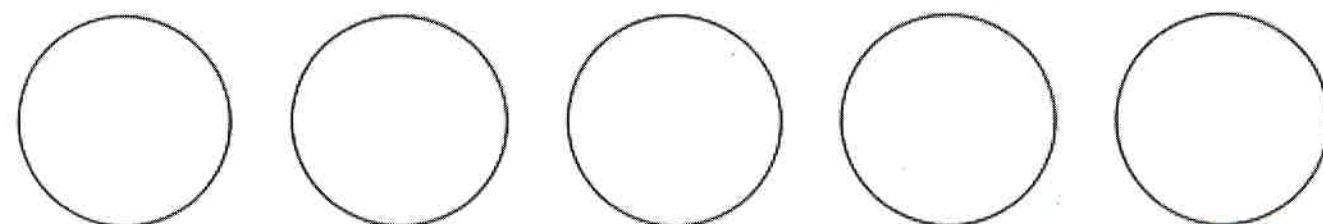
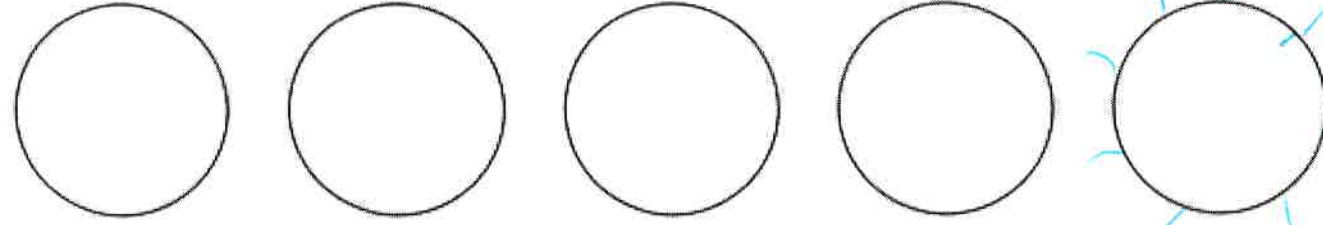
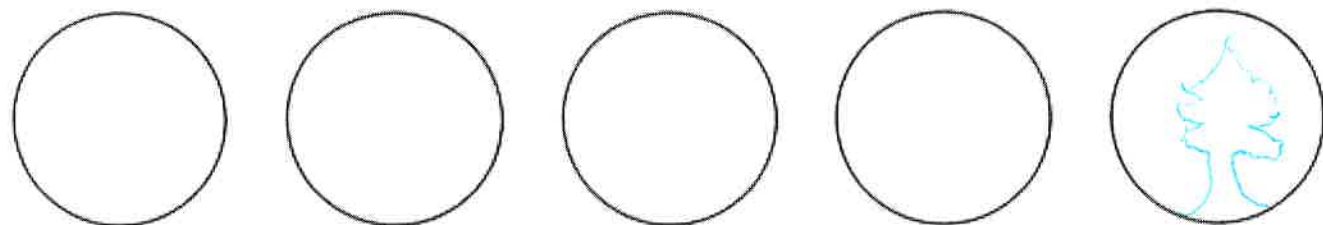
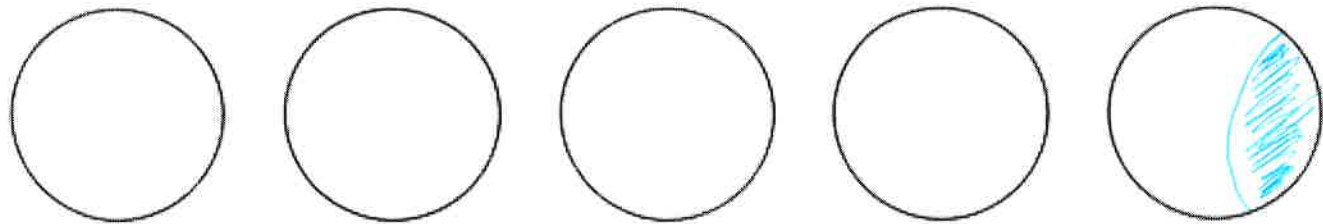
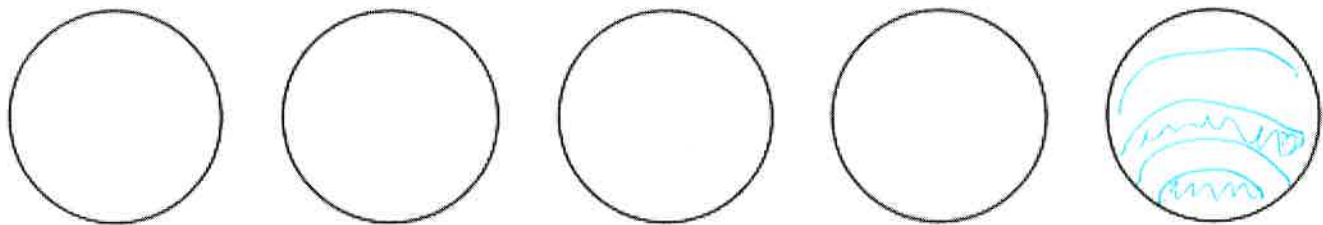
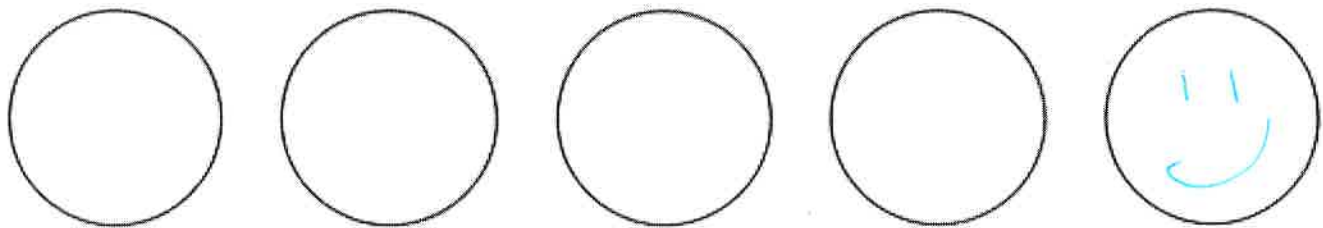
CTM

The 30 circle challenge



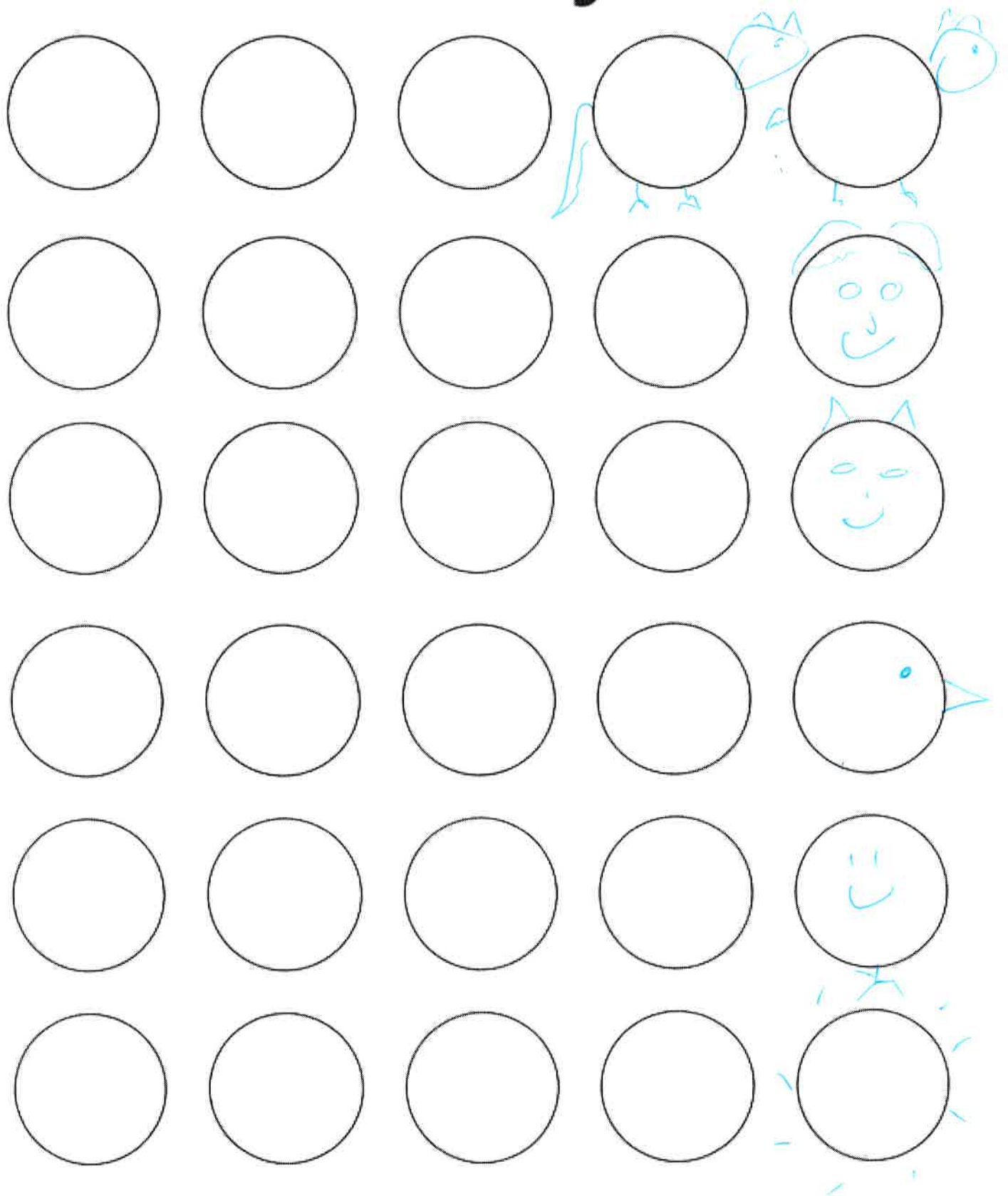
The 30 circle challenge

before



30 hours

The 30 circle challenge

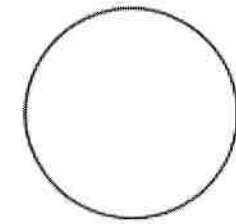
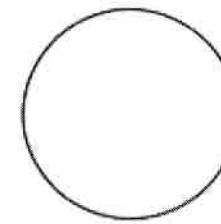
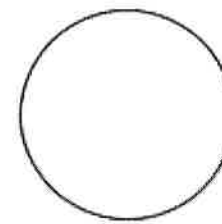
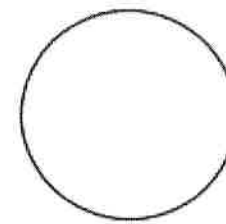
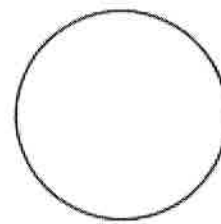
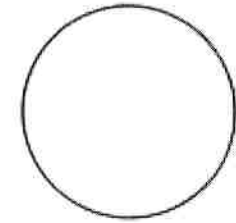
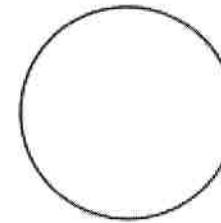
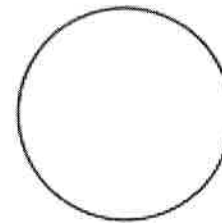
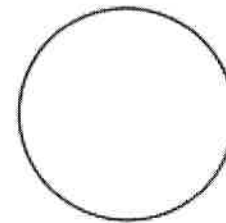
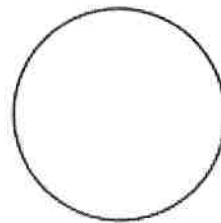
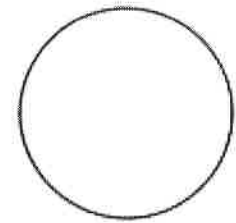
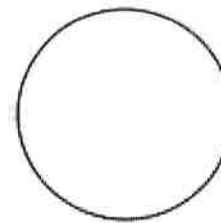
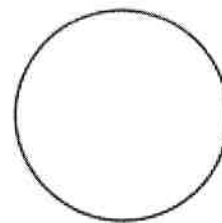
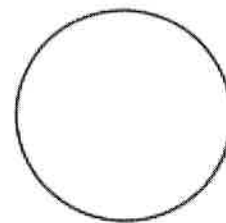
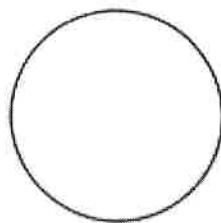
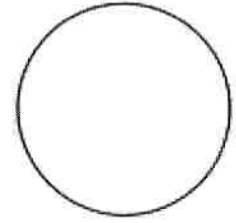
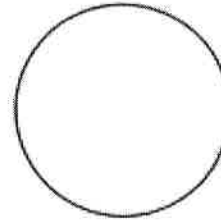
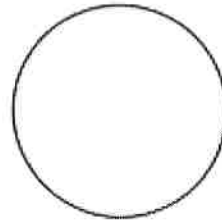
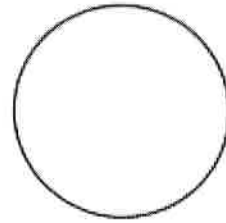
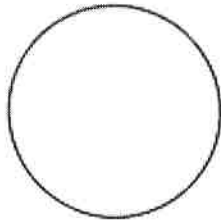
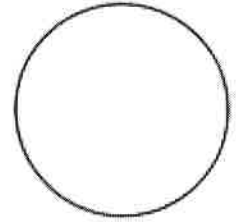
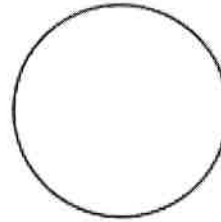
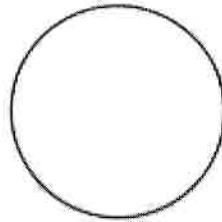
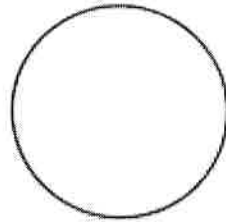
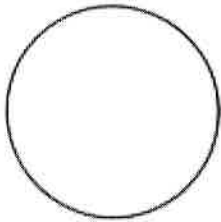
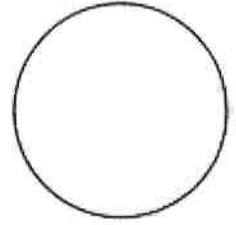
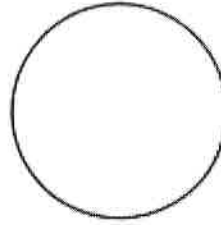
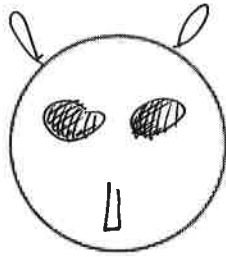
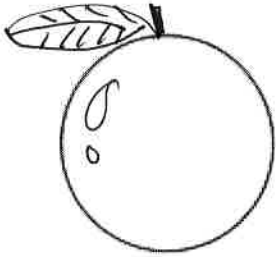


EB

before

2.5 hrs.

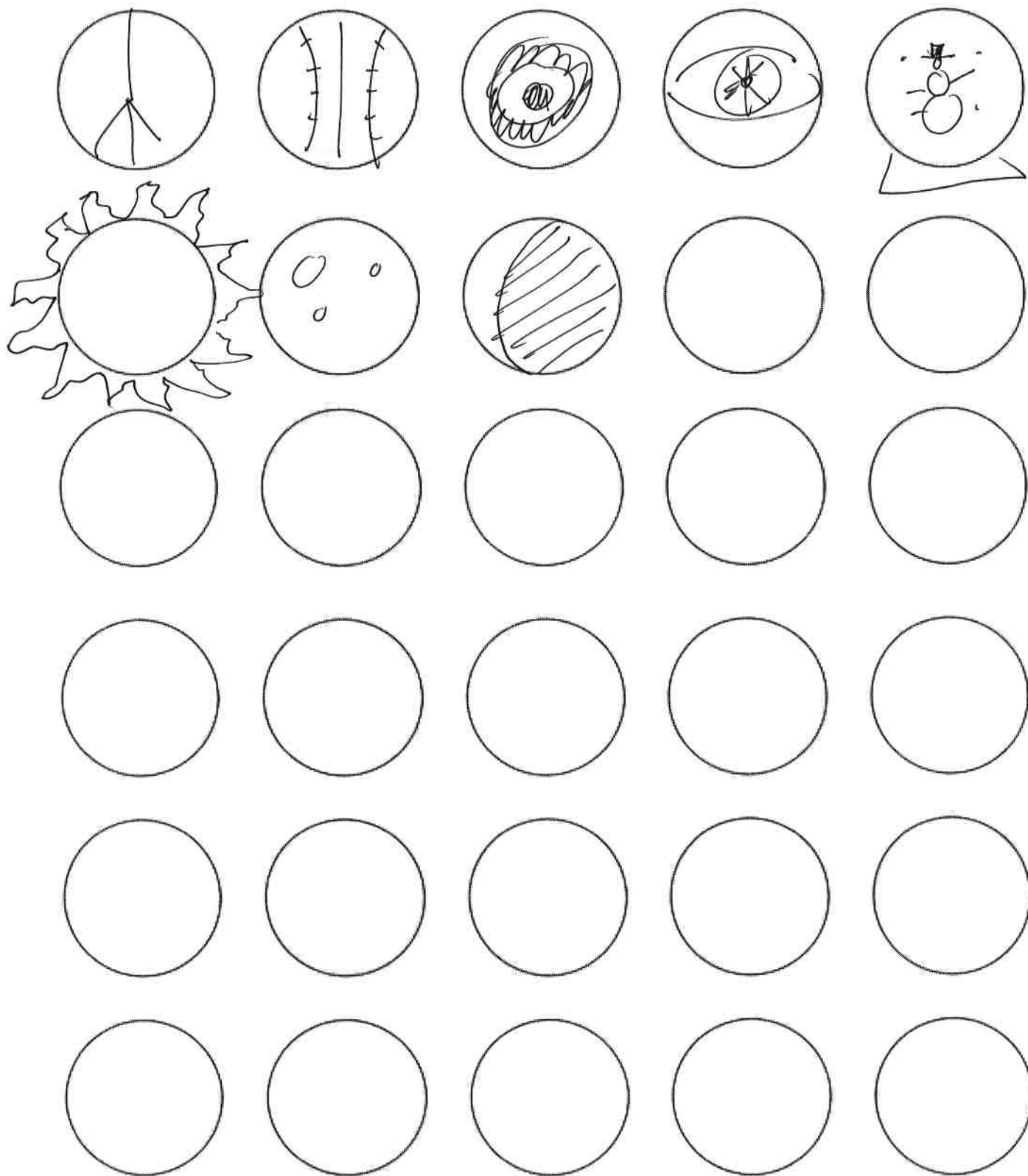
The 30 circle challenge



EB

after

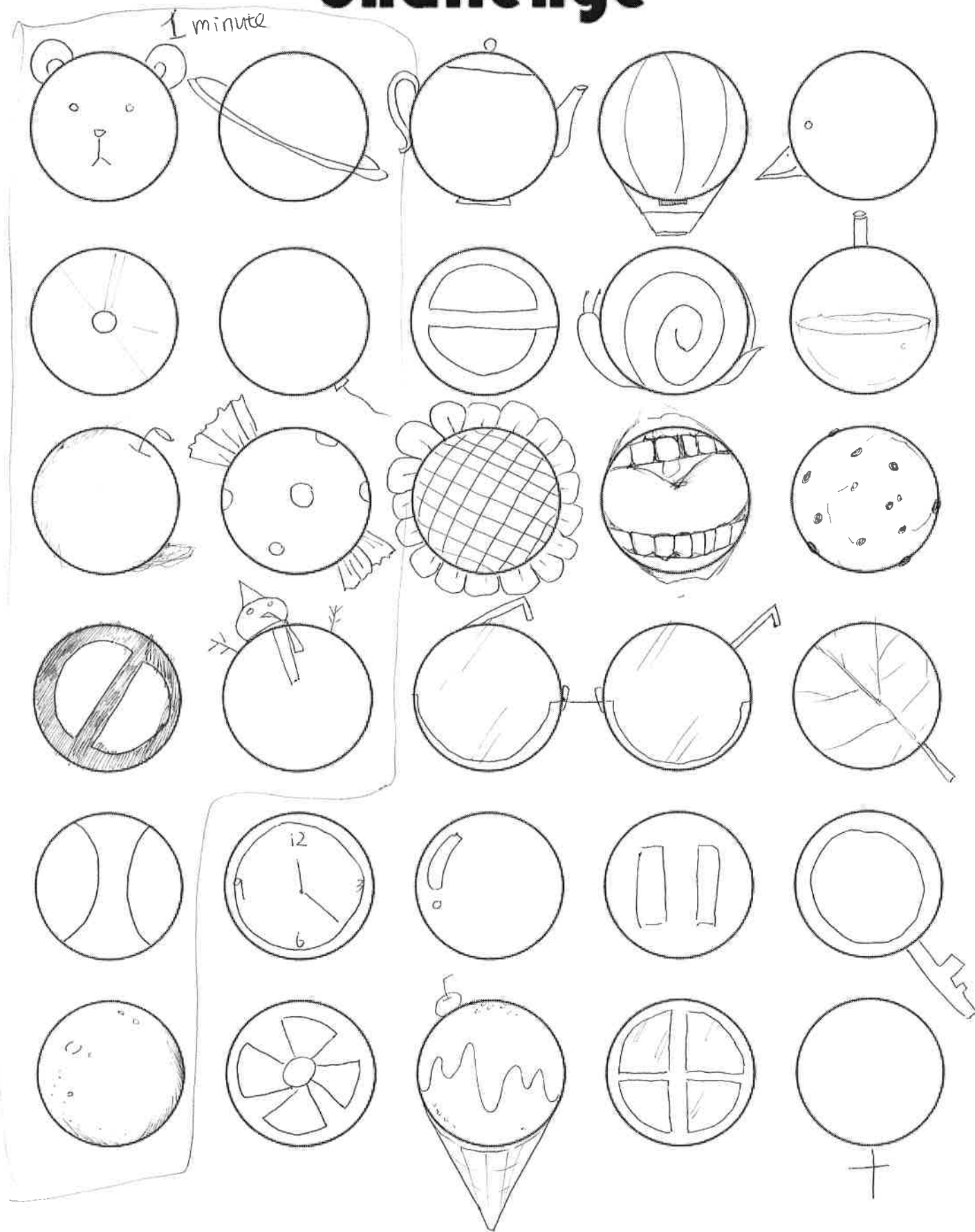
The 30 circle challenge



More than 1min for all

Xuetai Gao

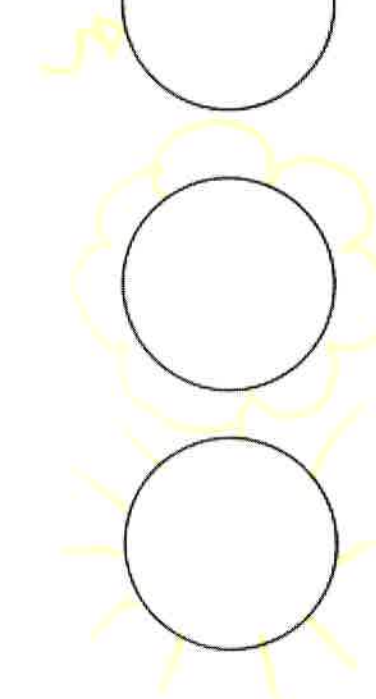
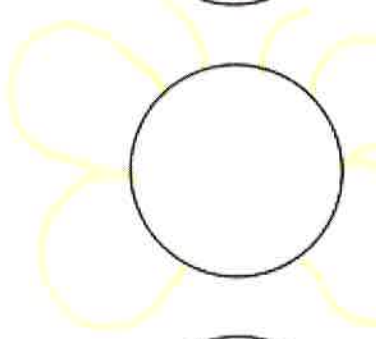
The 30 circle challenge



PLS
7 hrs

Before

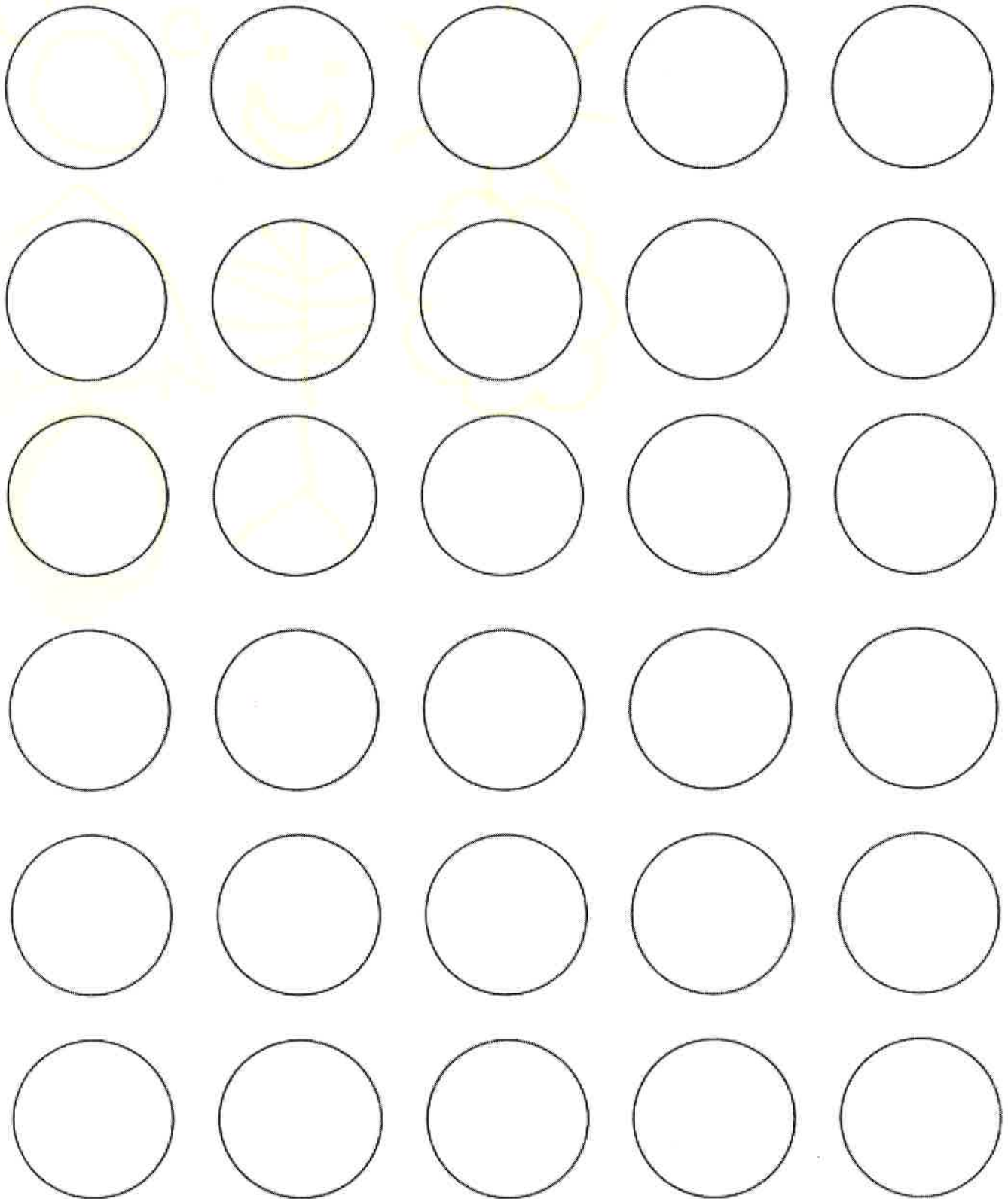
The 30 circle challenge

PLS

The 30 circle challenge

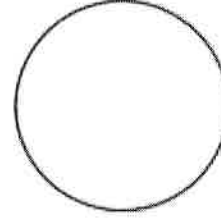
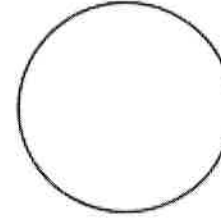
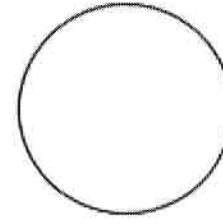
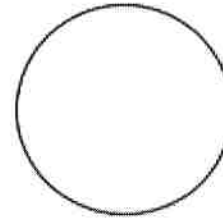
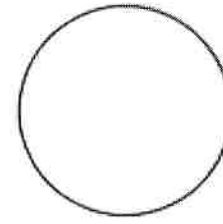
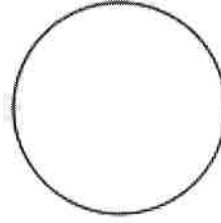
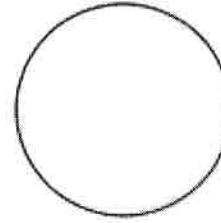
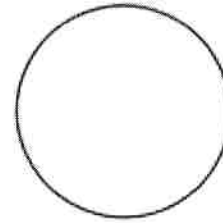
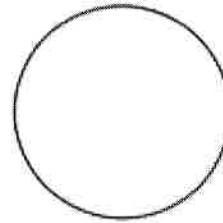
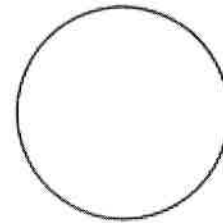
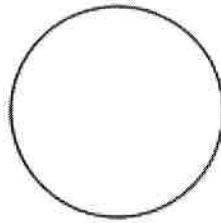
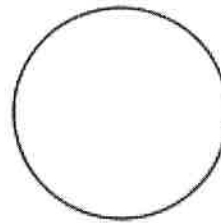
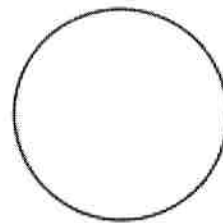
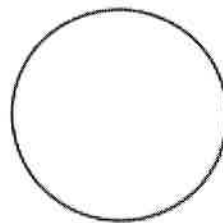
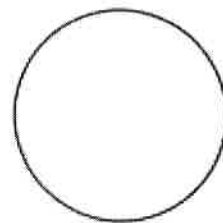
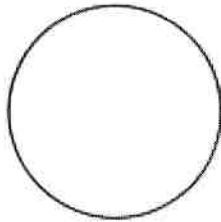
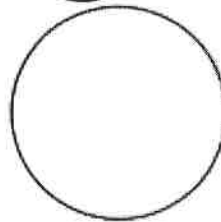
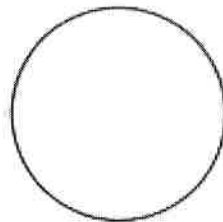
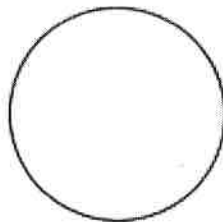
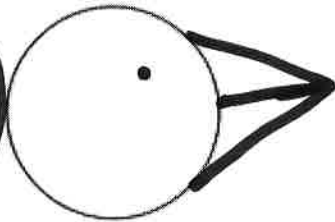
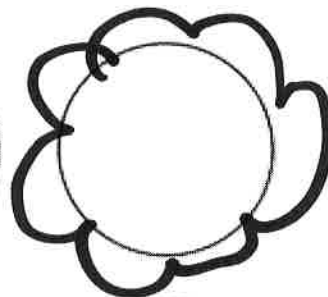
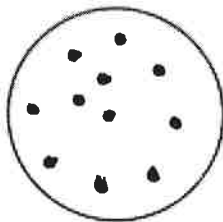
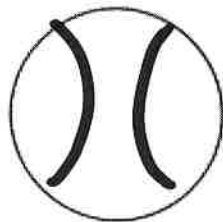
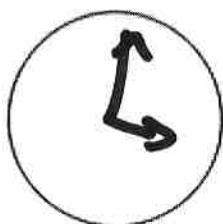
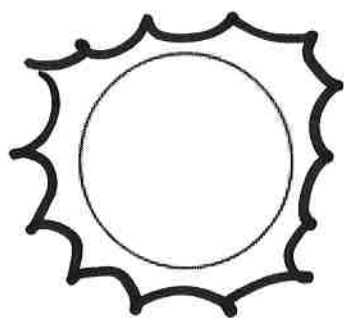
After



JMO

The 30 circle challenge

Before

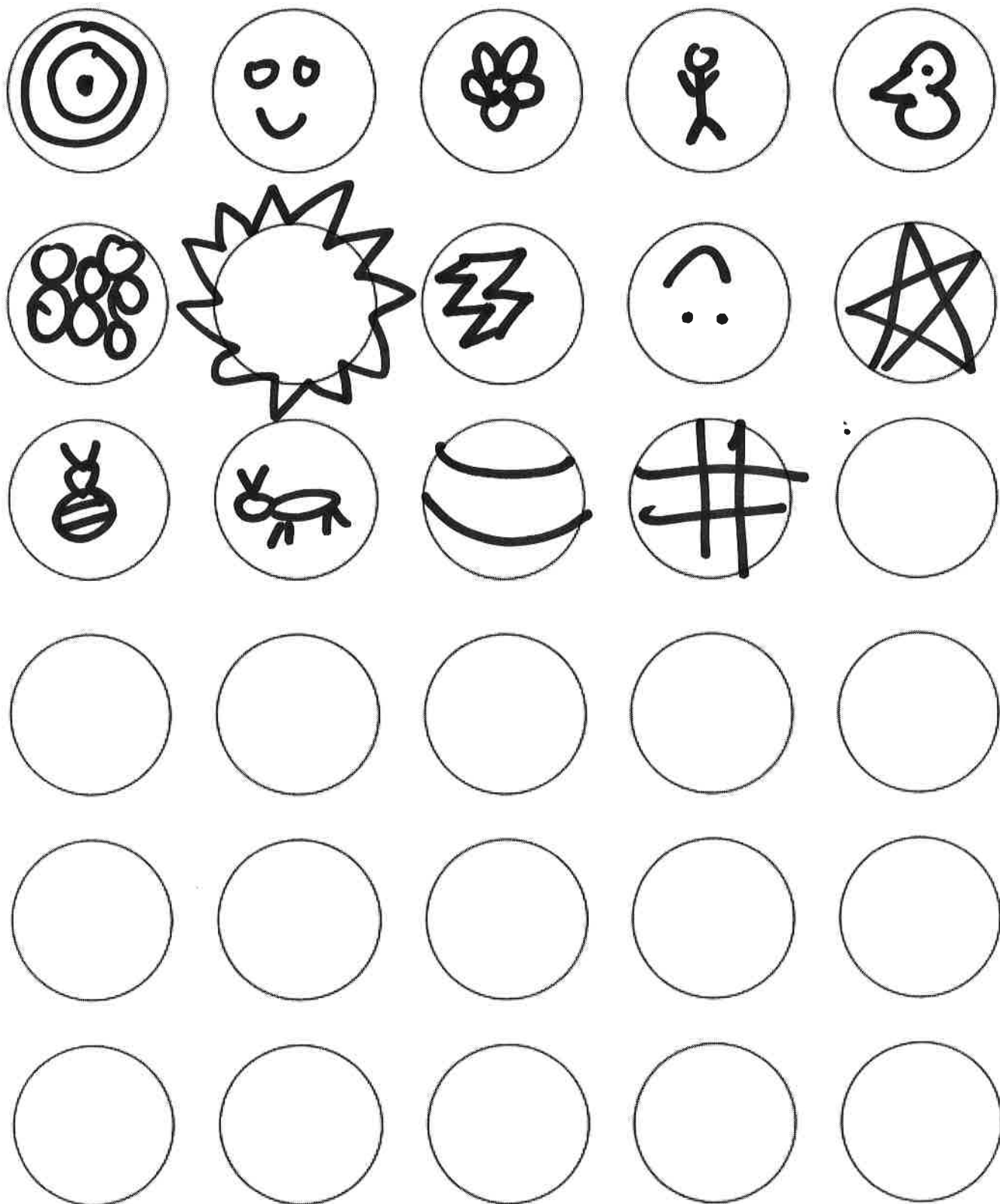


8 hrs.

JMO

The 30 circle challenge

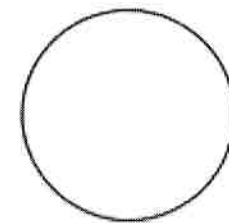
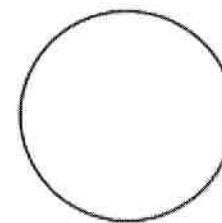
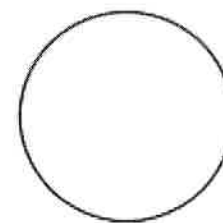
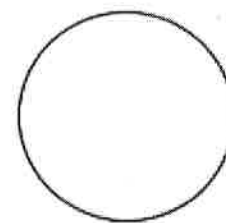
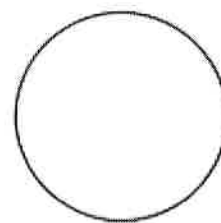
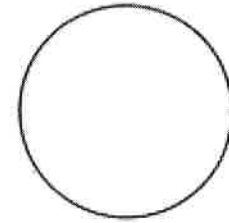
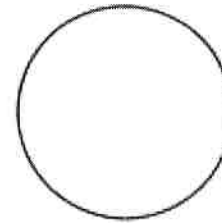
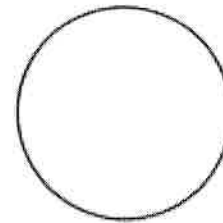
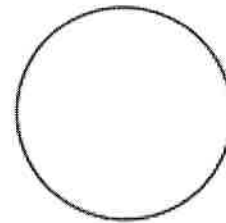
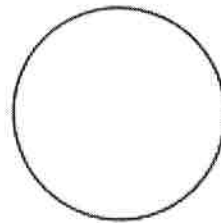
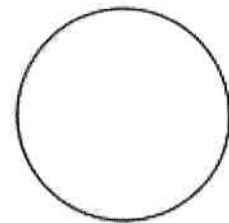
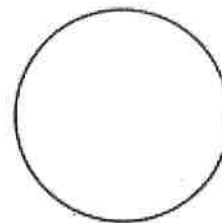
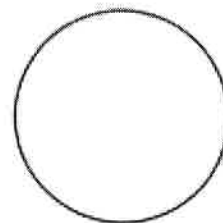
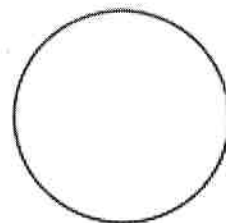
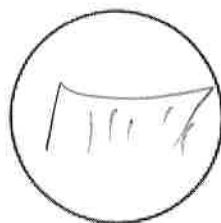
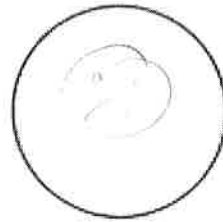
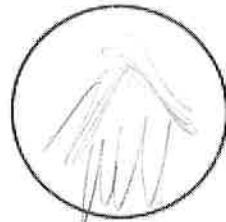
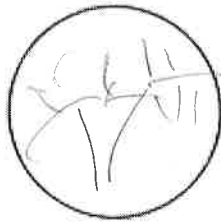
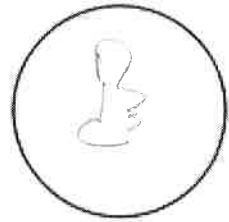
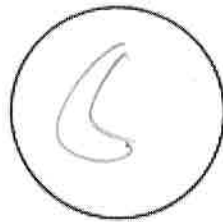
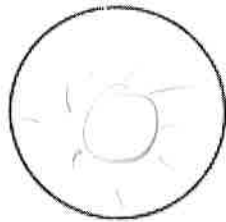
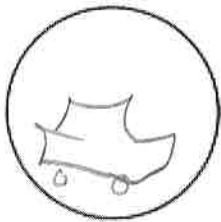
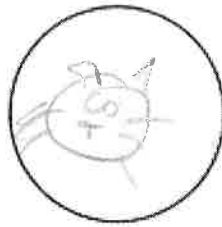
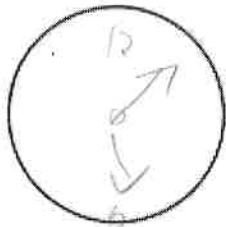
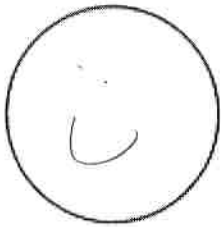
After



Before

DN

The 30 circle challenge

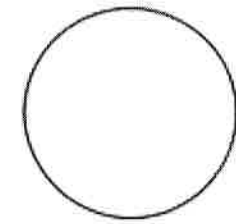
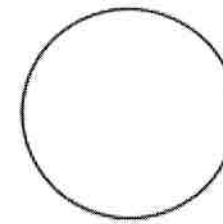
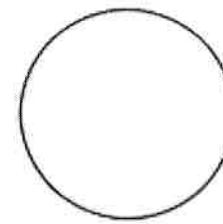
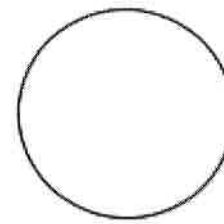
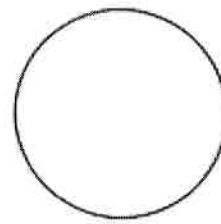
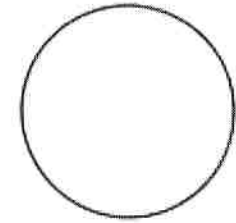
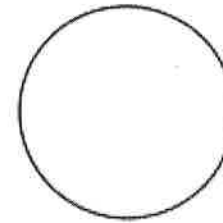
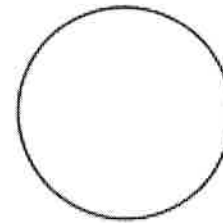
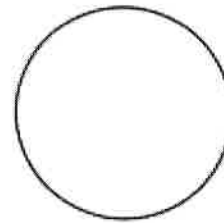
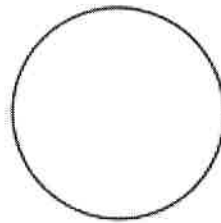
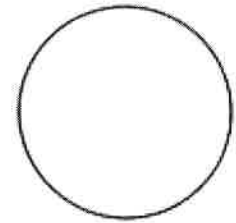
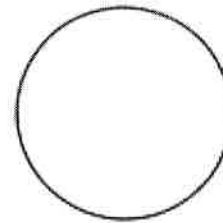
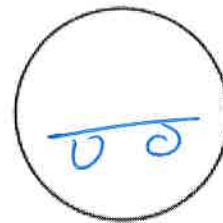
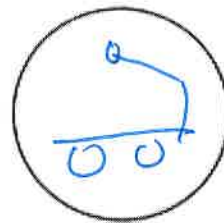
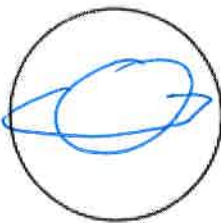
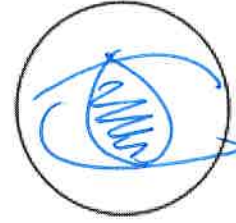
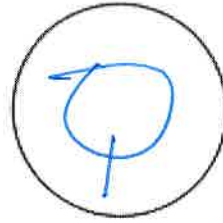
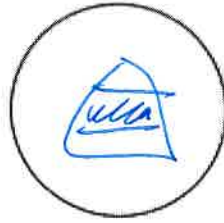
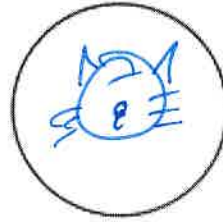
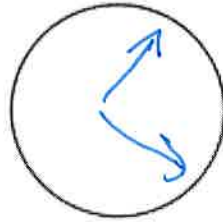
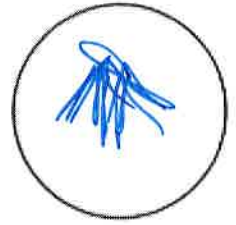
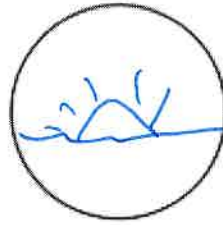
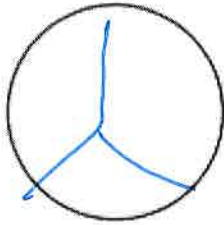


5 hours

The 30 circle challenge

DN

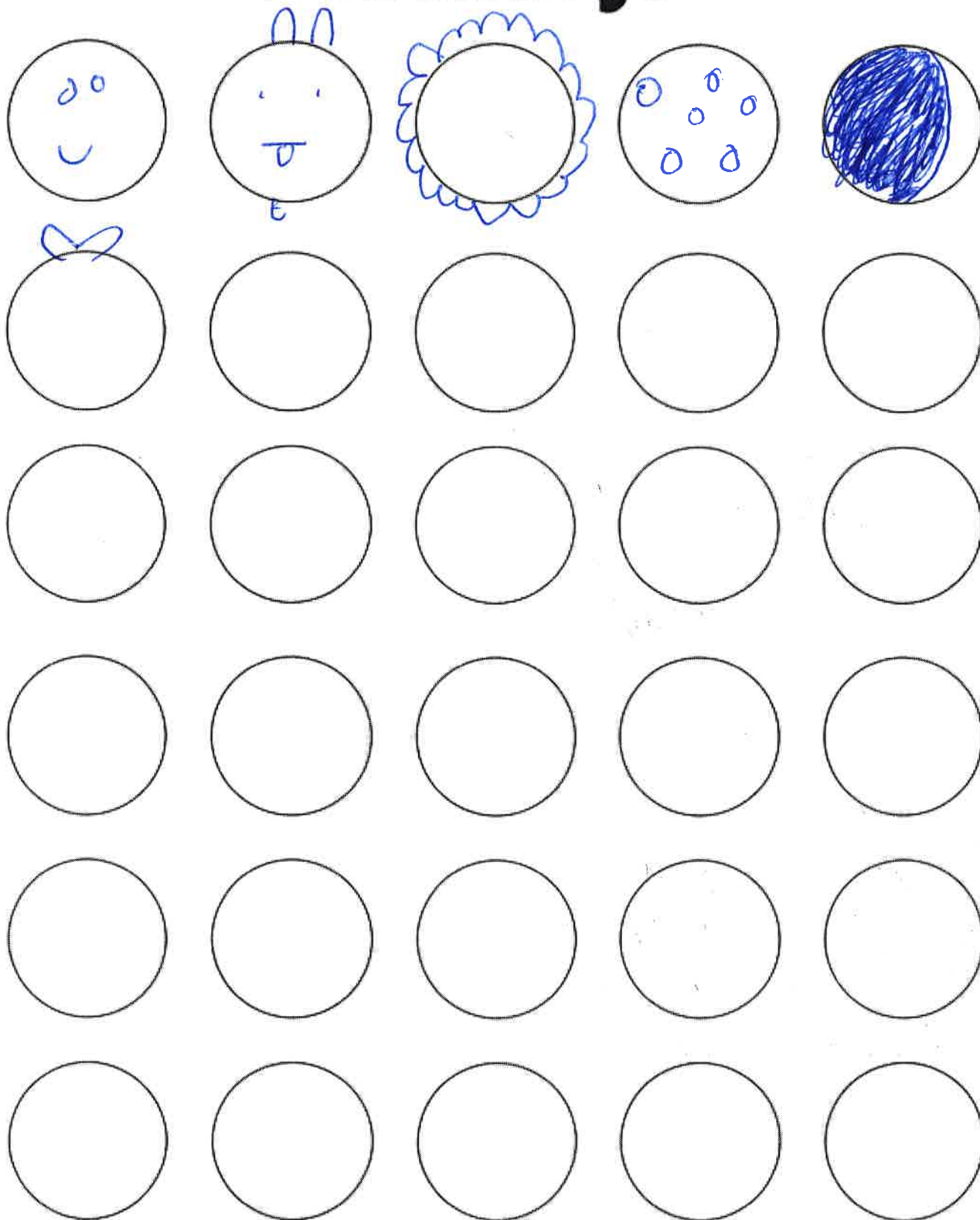
AF70!



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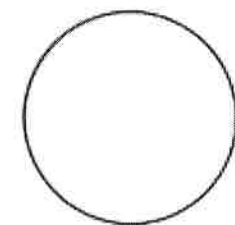
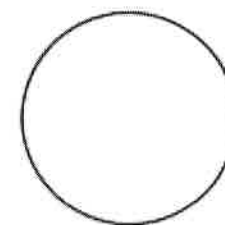
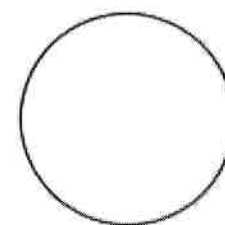
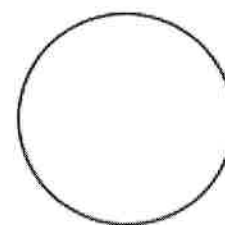
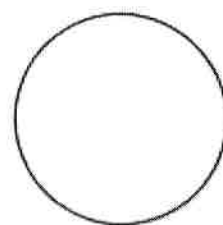
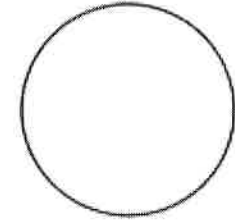
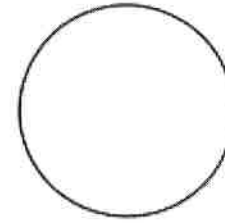
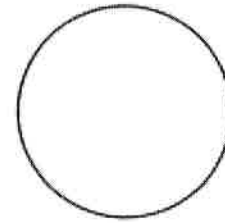
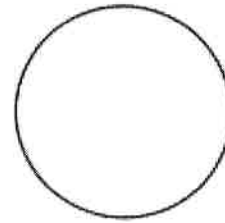
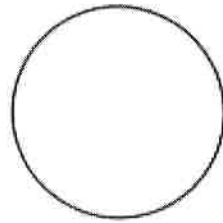
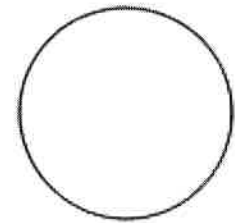
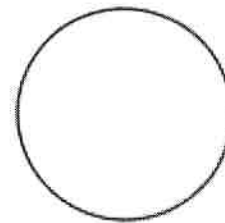
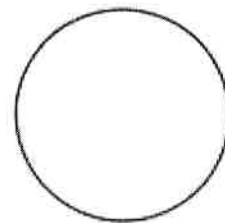
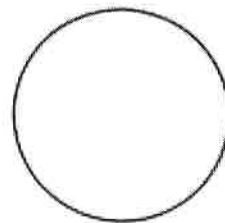
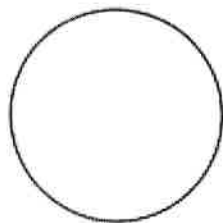
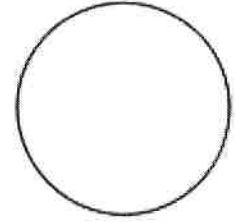
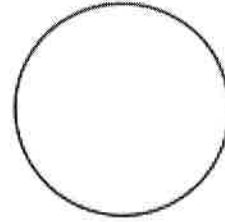
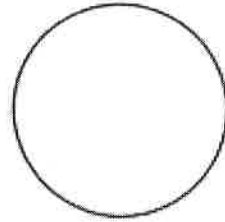
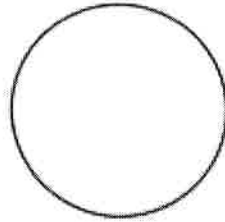
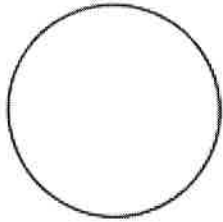
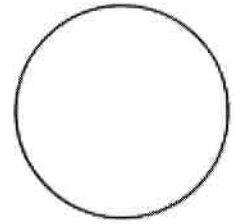
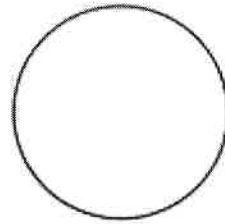
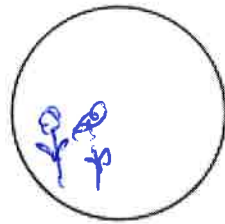
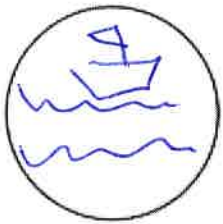
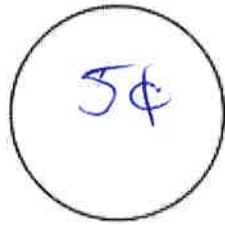
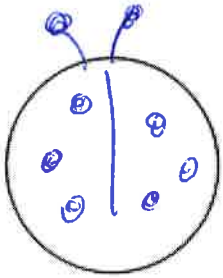
The 30 circle challenge

AS
4.5
Before



44 After

The 30 circle challenge



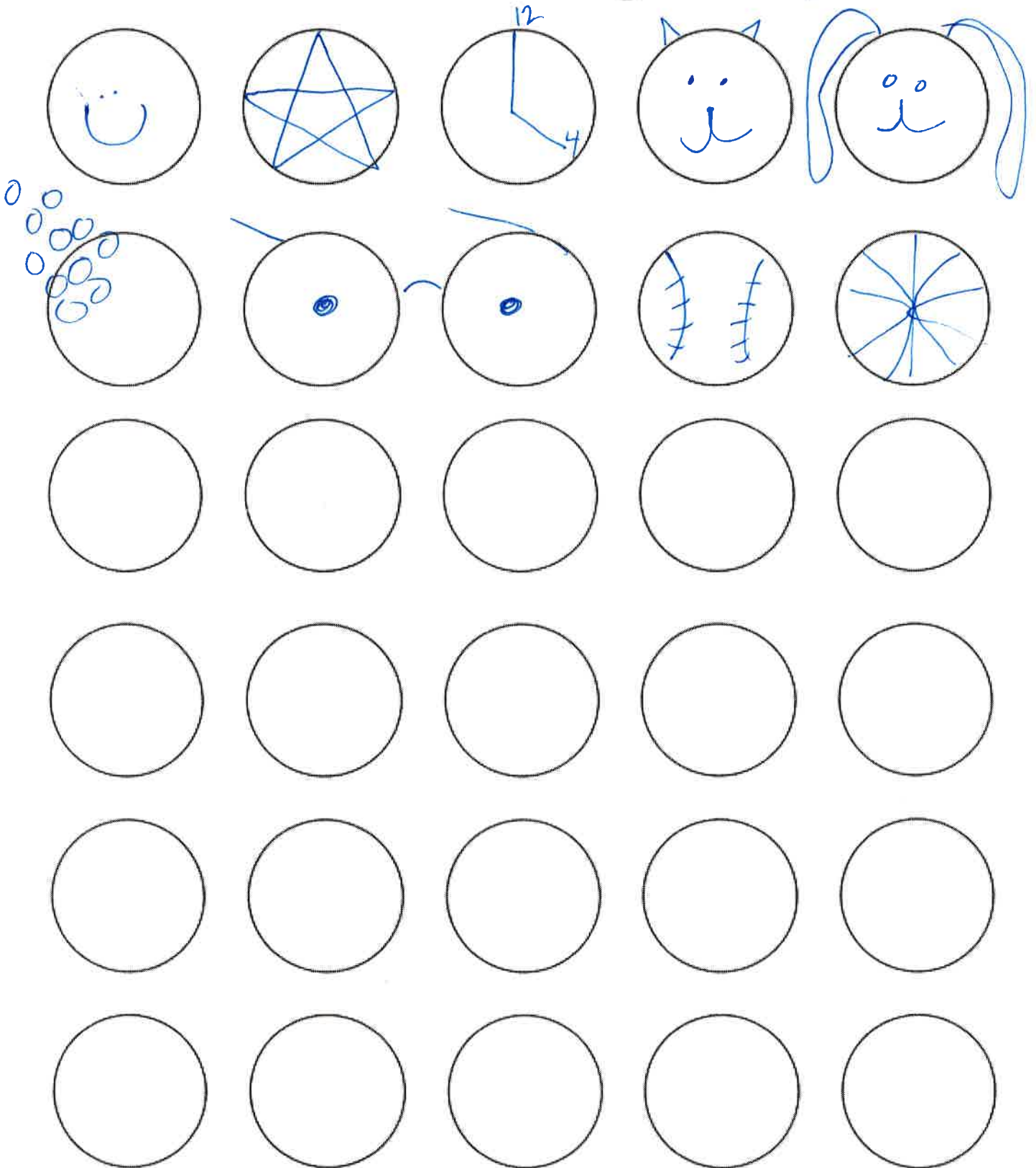
The 30 circle challenge

Ncblina

Time outdoors

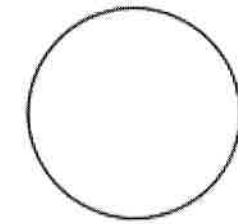
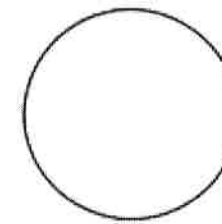
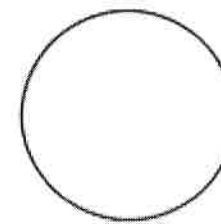
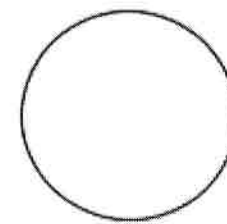
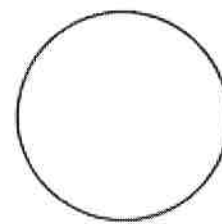
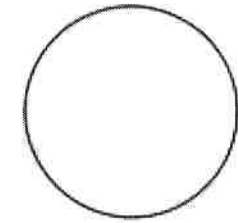
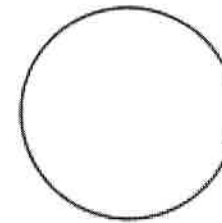
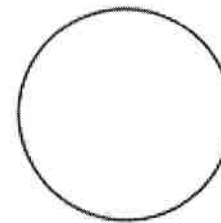
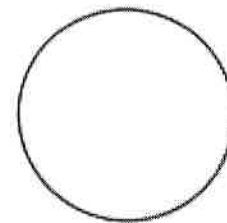
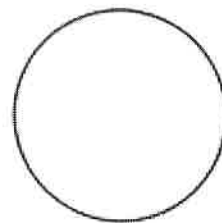
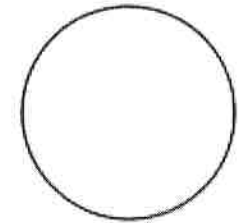
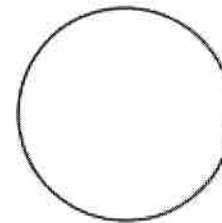
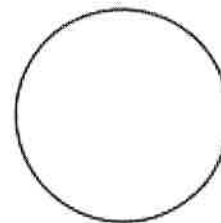
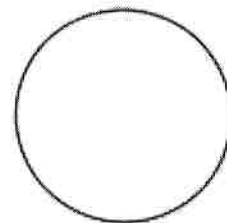
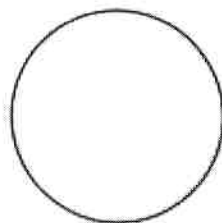
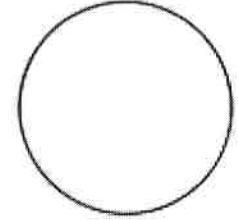
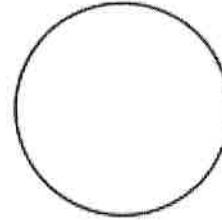
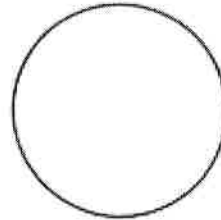
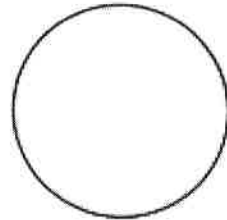
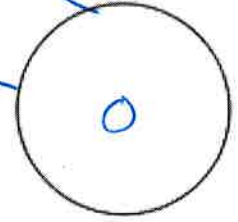
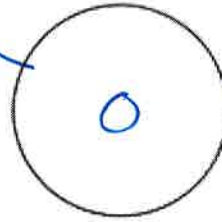
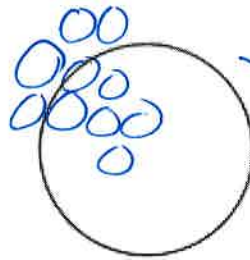
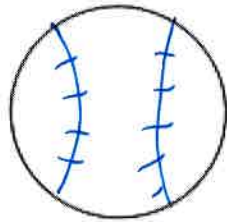
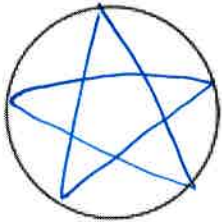
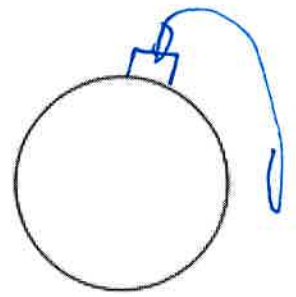
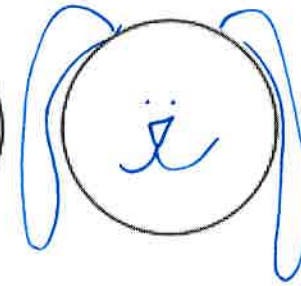
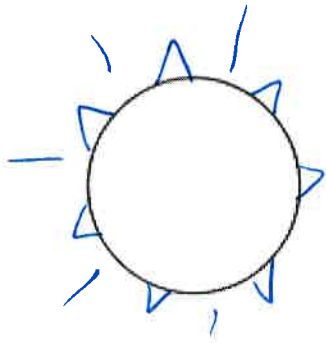
daily @ 6 hrs

Before



The 30 circle challenge

Nablina
after

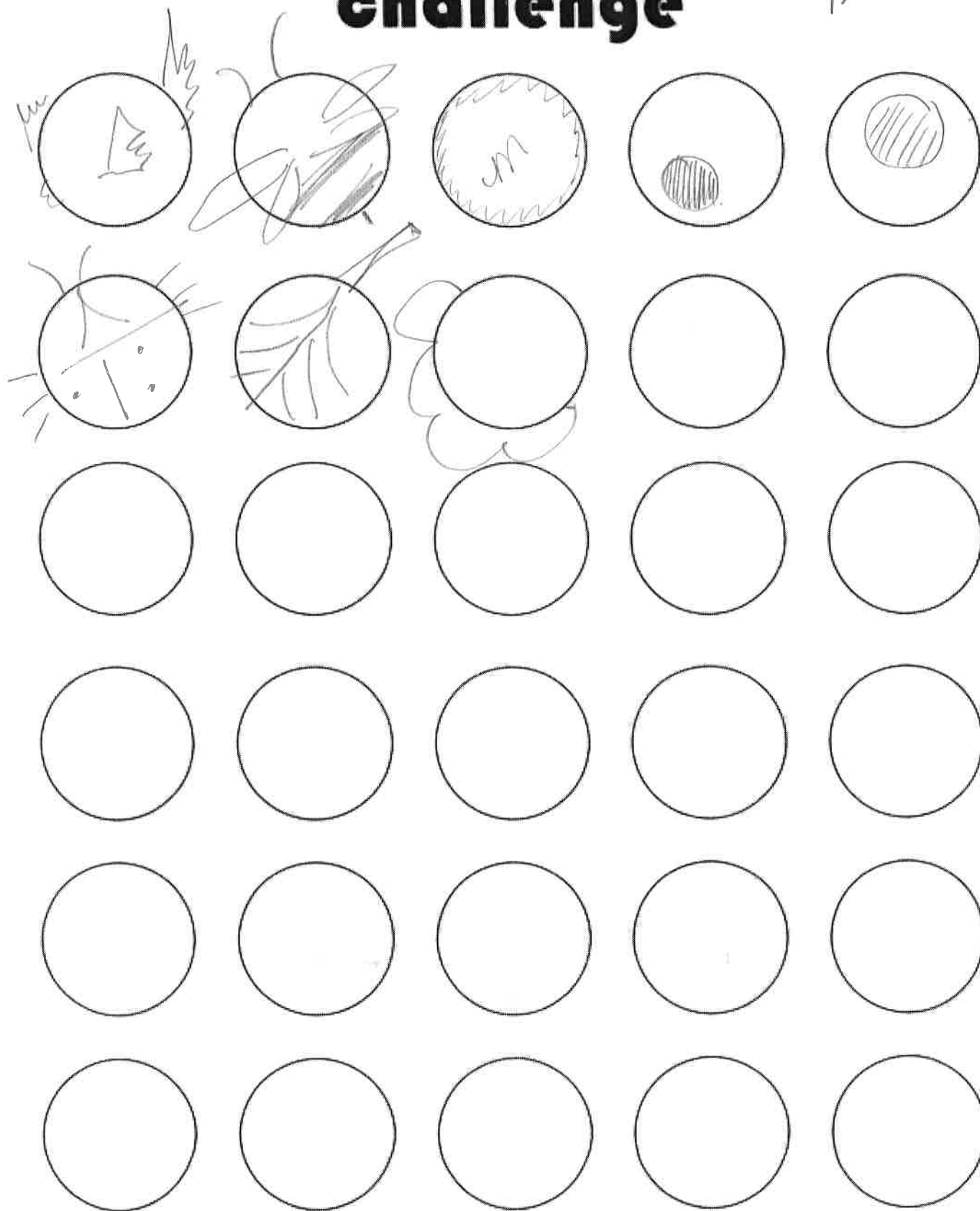


gm

The 30 circle challenge

gm - 6

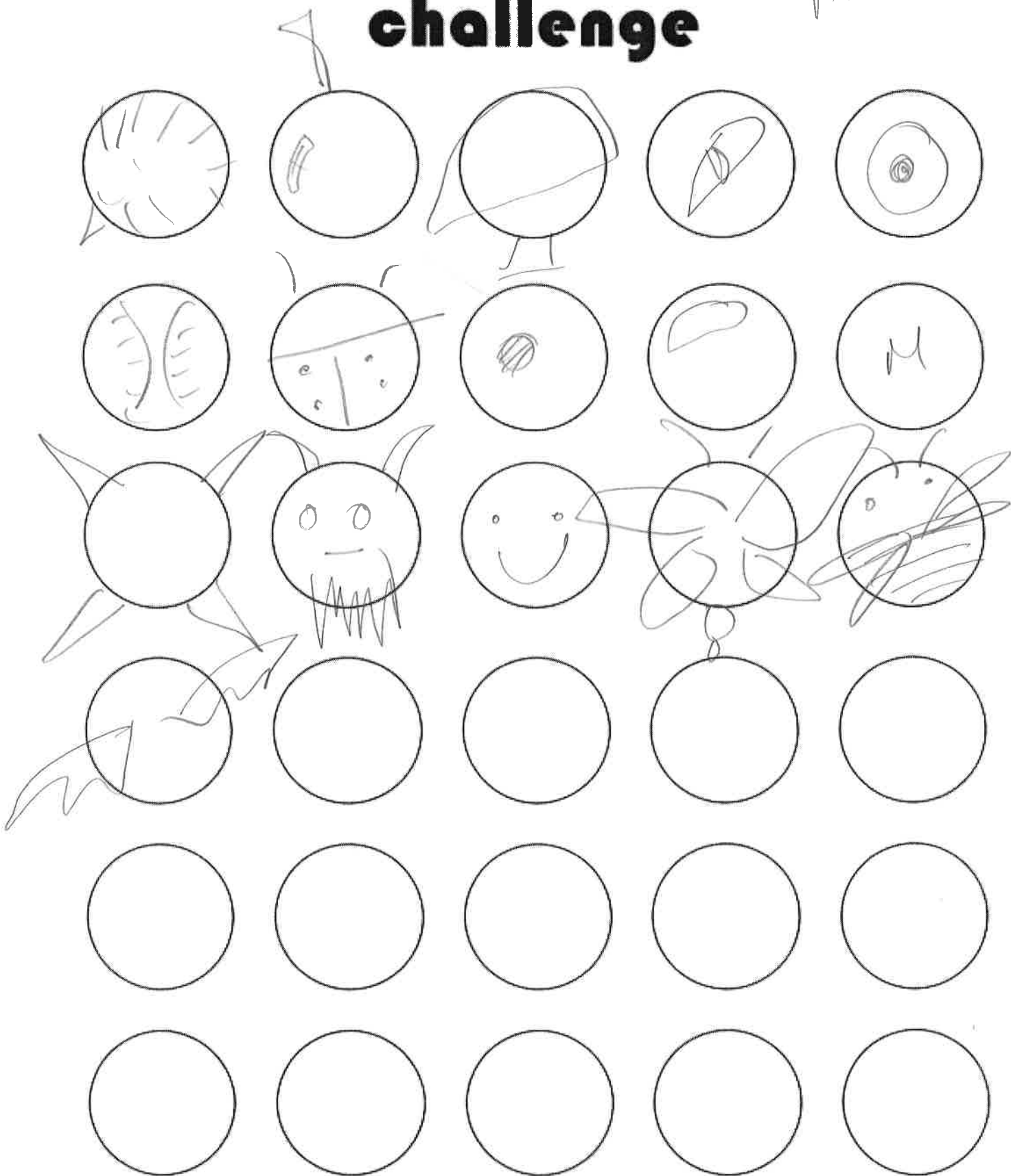
before



Σ (JM)

The 30 circle challenge

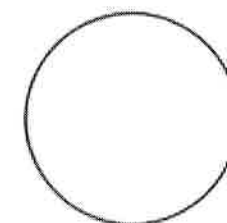
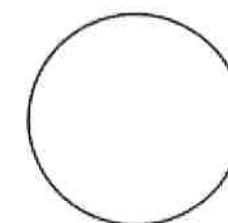
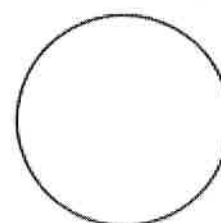
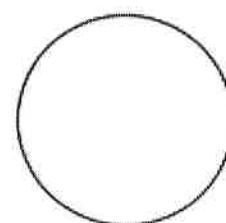
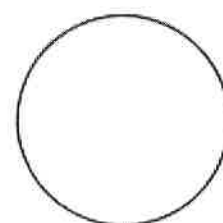
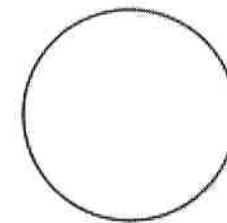
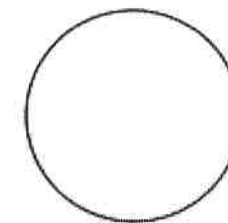
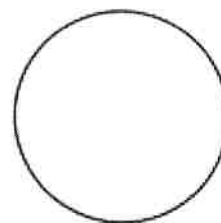
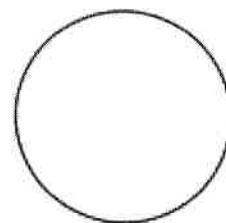
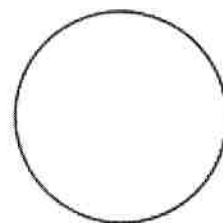
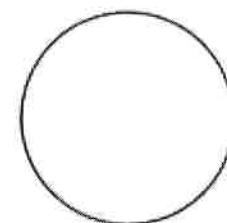
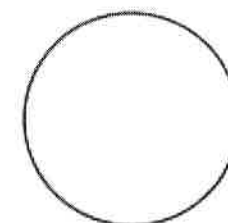
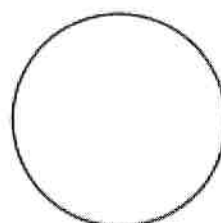
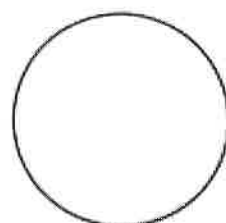
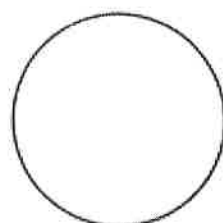
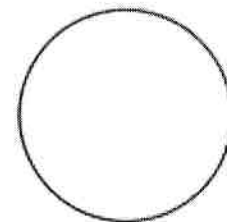
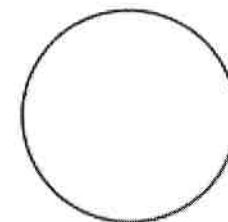
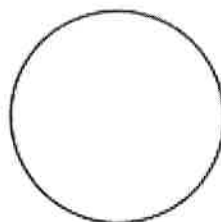
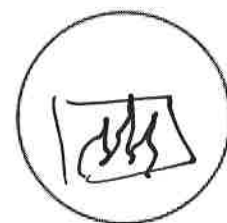
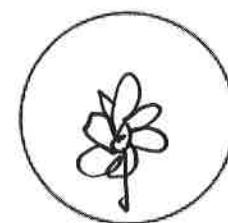
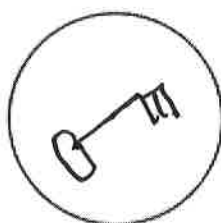
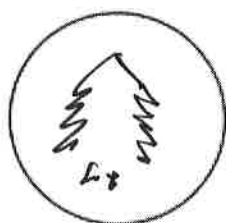
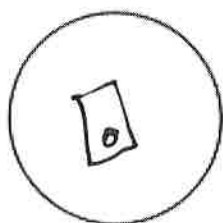
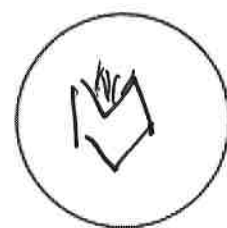
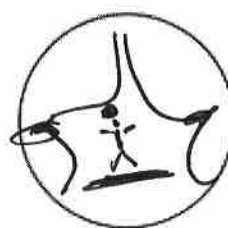
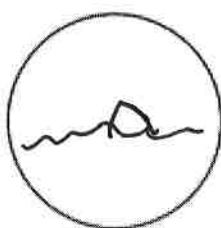
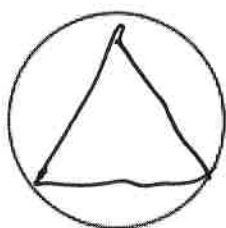
After



MH

The 30 circle challenge

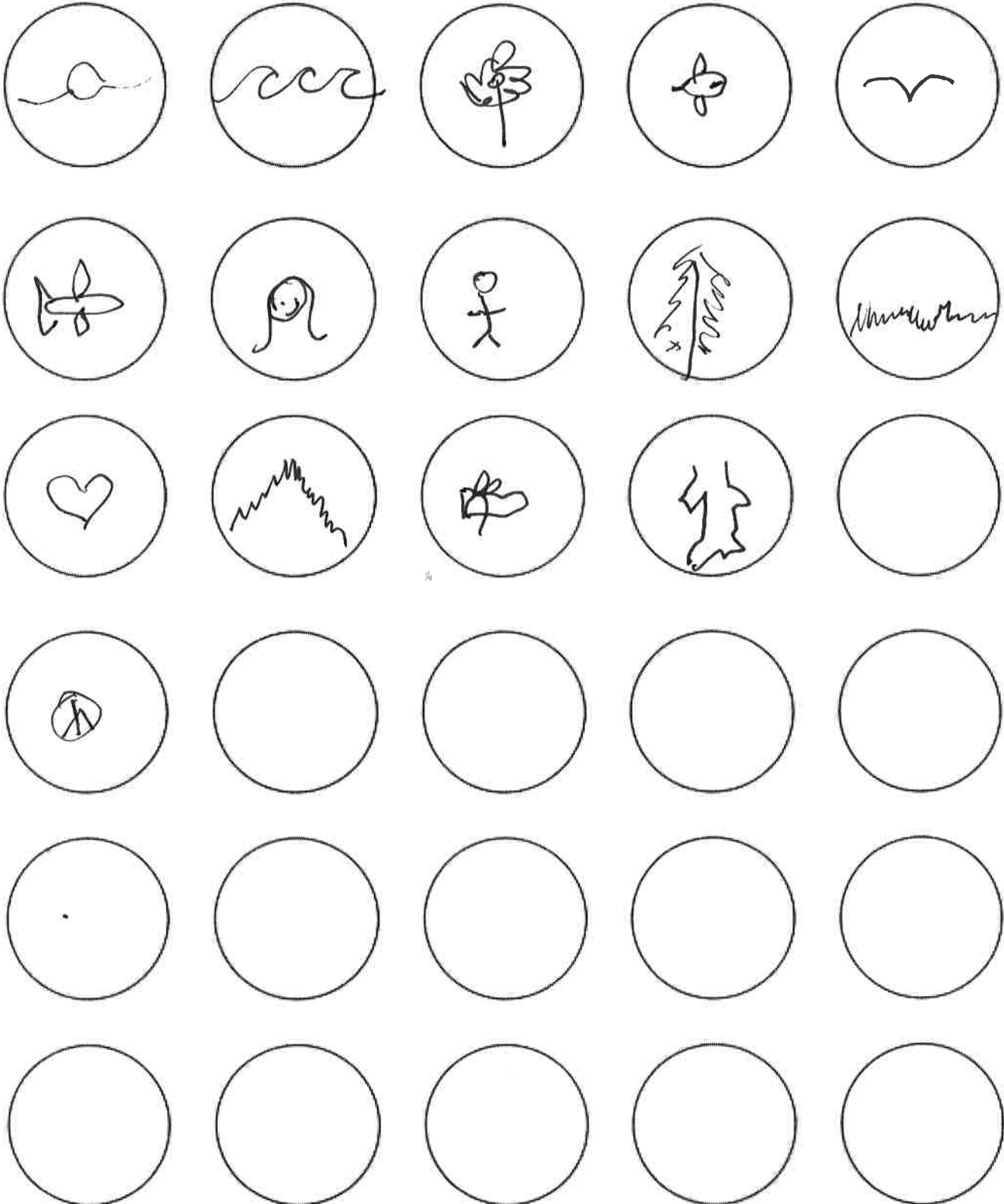
\$



W/H

A

The 30 circle challenge



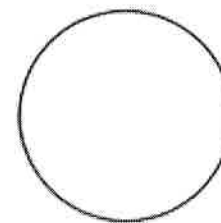
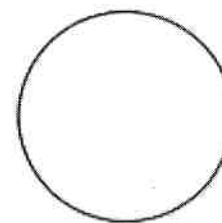
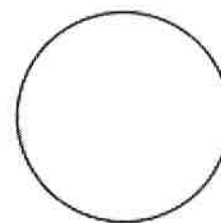
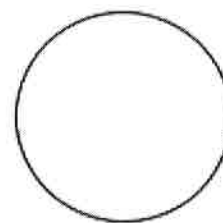
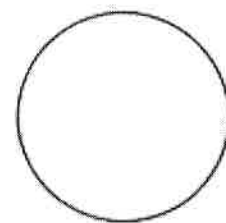
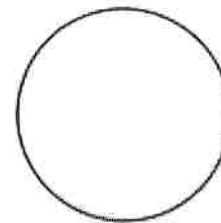
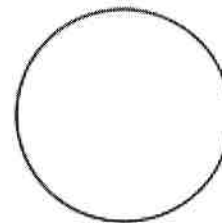
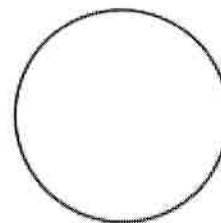
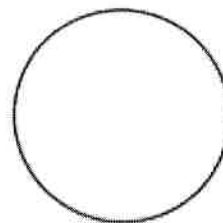
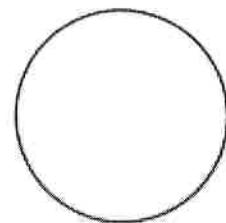
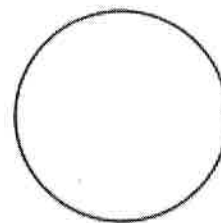
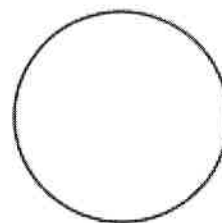
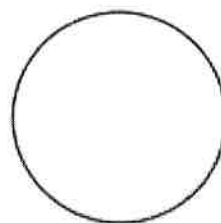
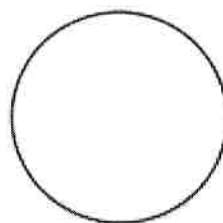
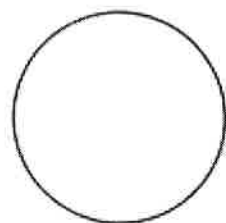
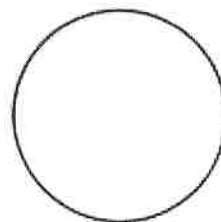
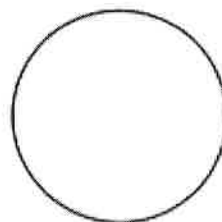
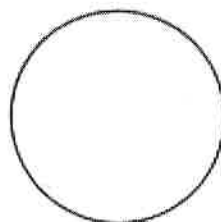
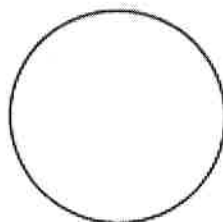
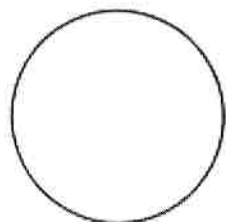
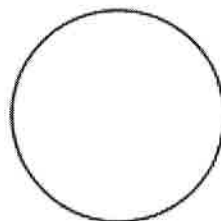
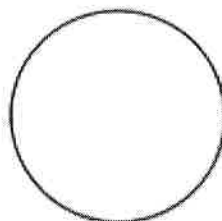
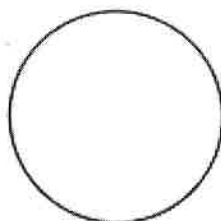
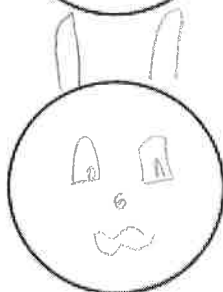
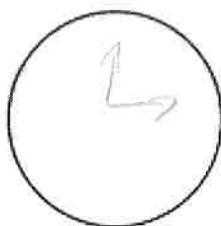
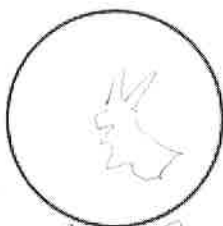
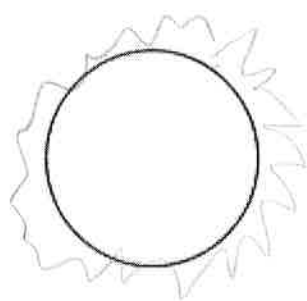
Zhu

Before

Am

The 30 circle challenge

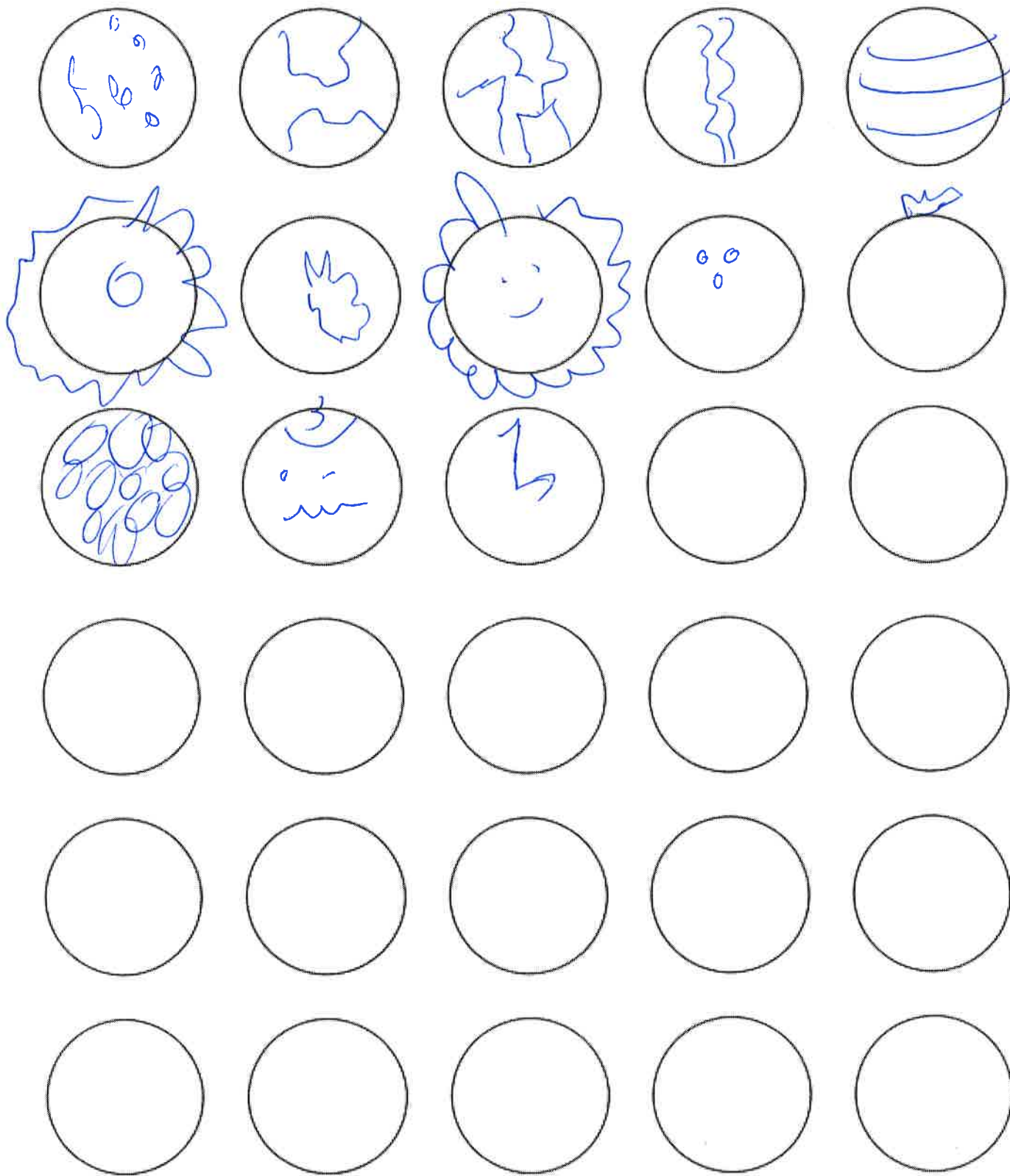
AM
50 hrs



Ah

Afro /
AM

The 30 circle challenge

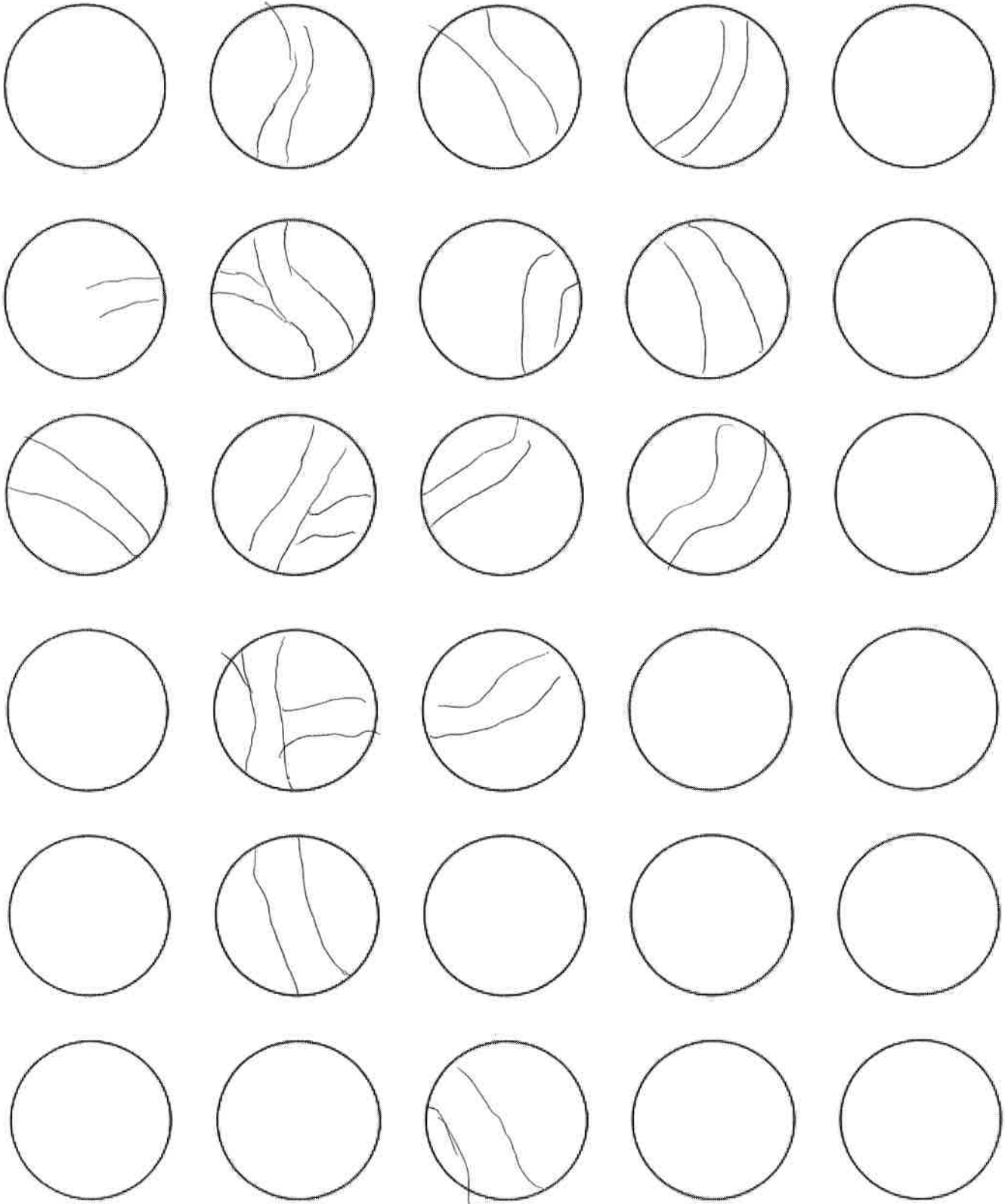


Sean C.

The 30 circle challenge

4 hours
per week
Before

of hours
outside

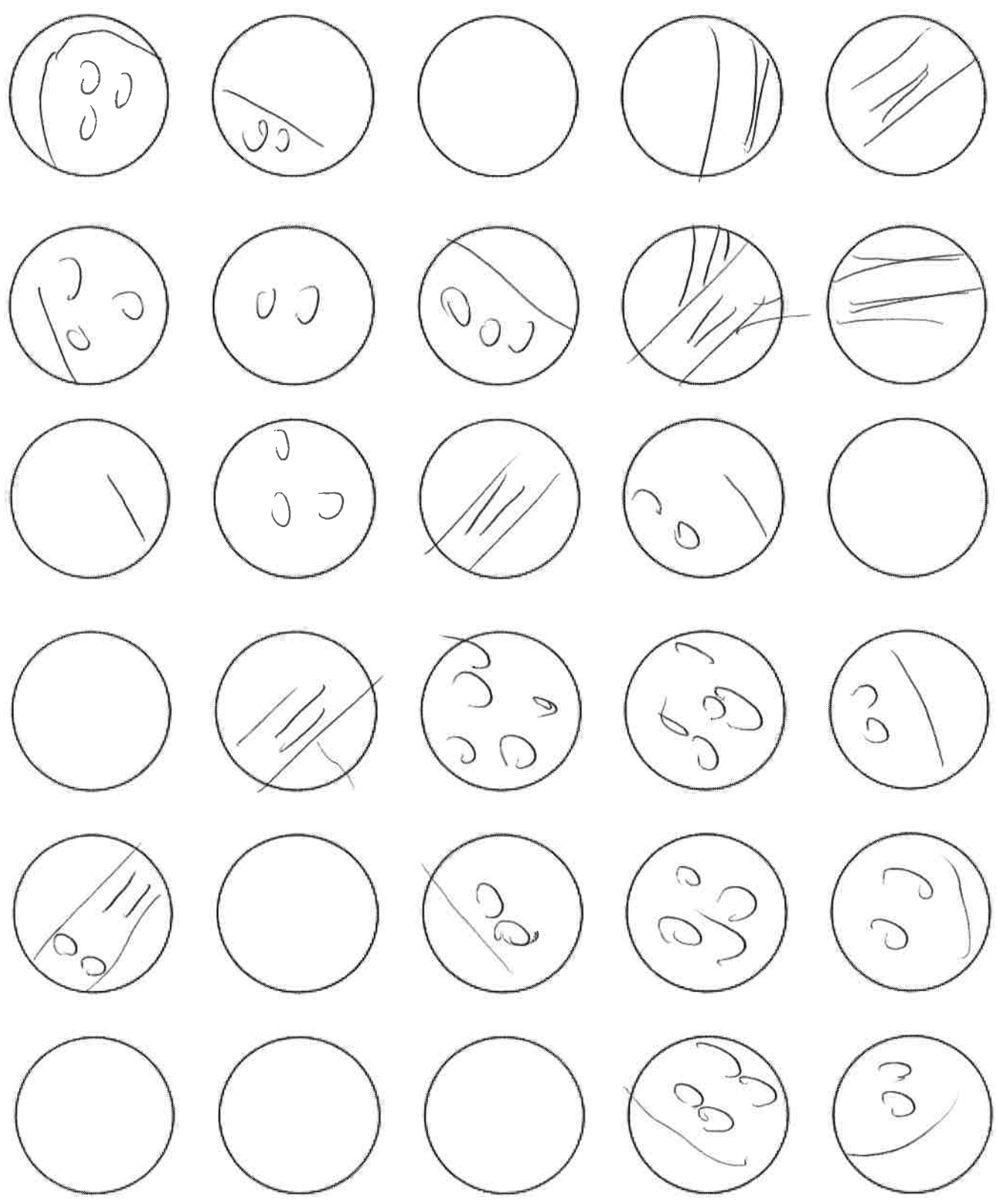


Sean C.

The 30 circle challenge

4.5 hrs
per week

After



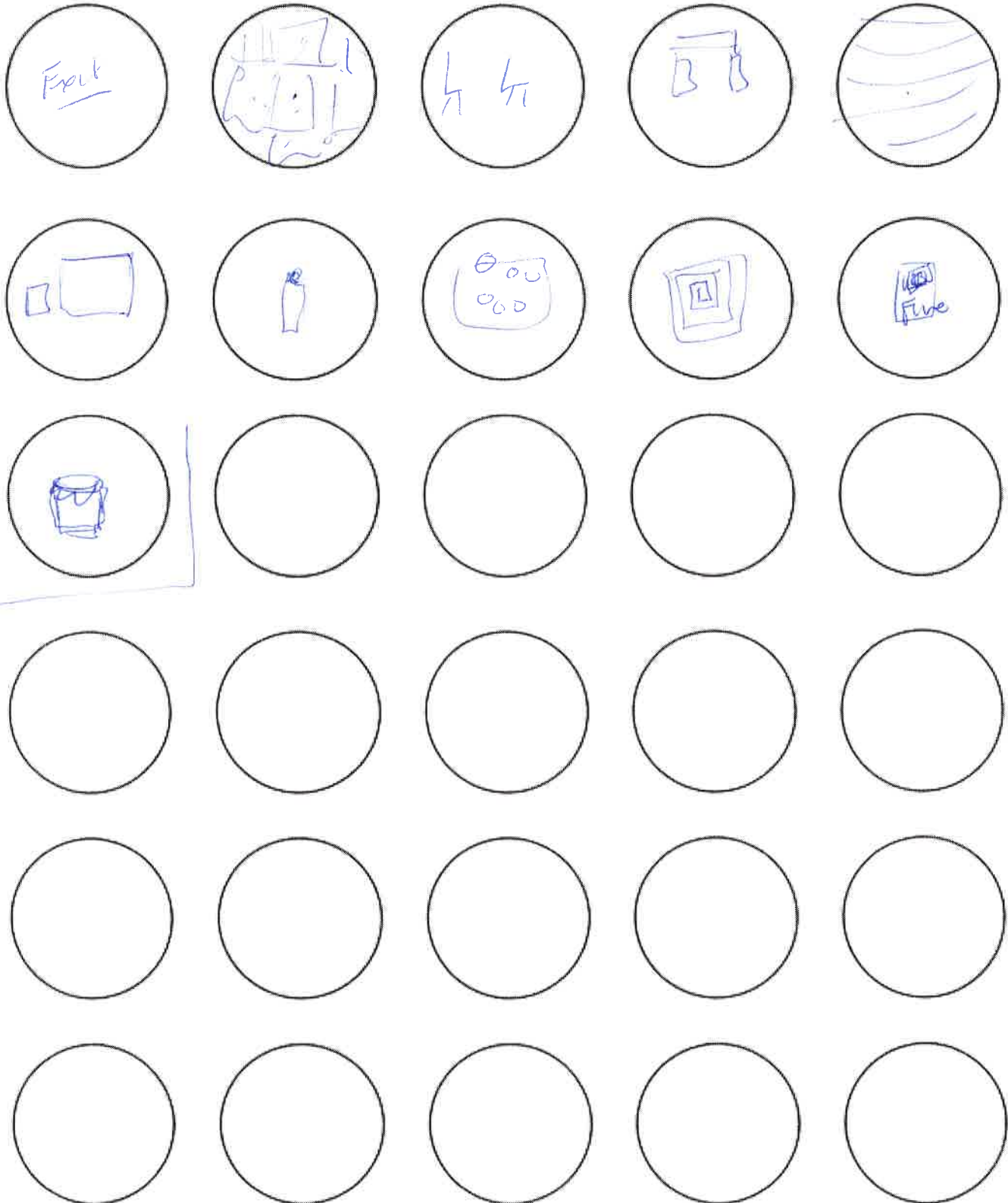
The 30 circle challenge

Before 10hrs

Inside

(ii)

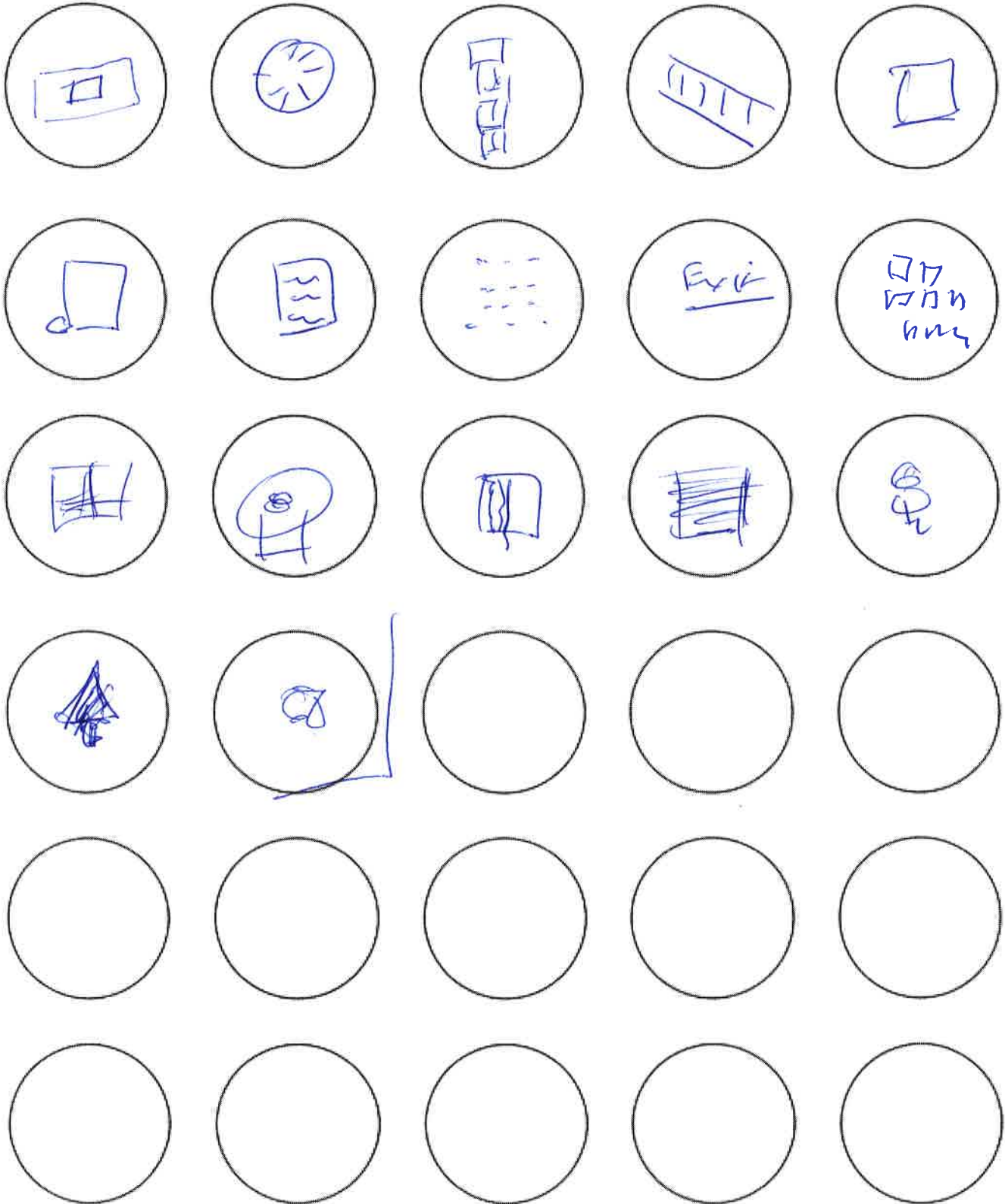
P.
M-F - 10hrs



The 30 circle challenge

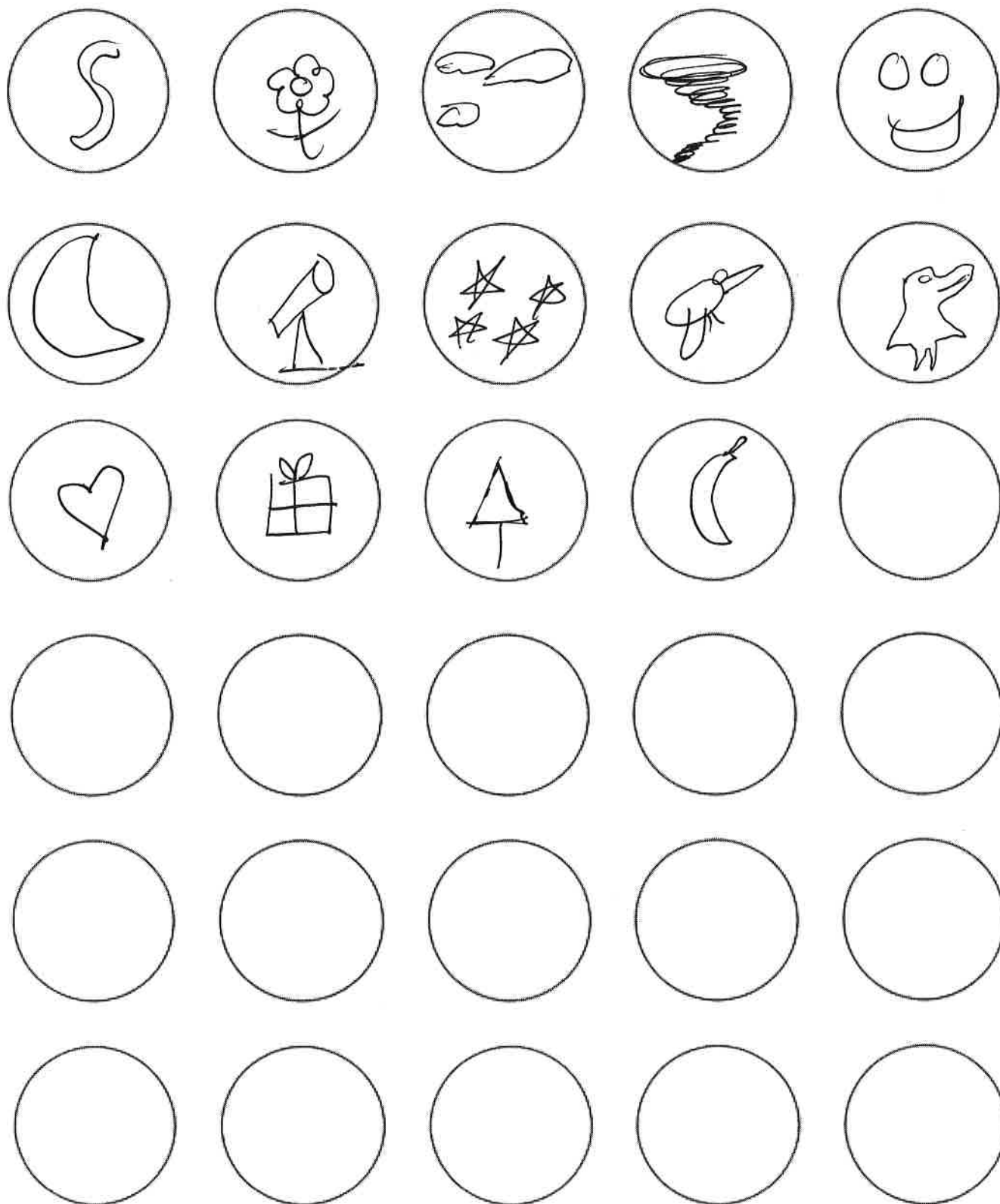
P.C
1cm

After



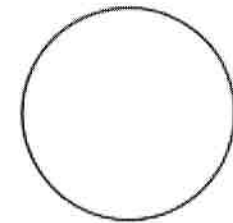
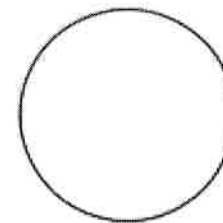
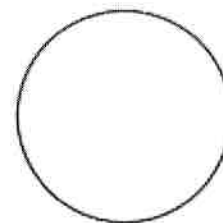
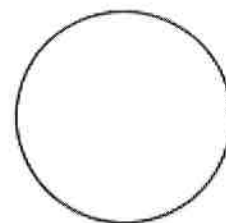
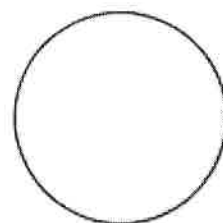
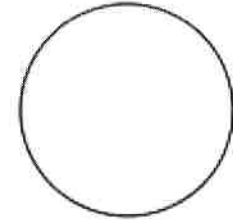
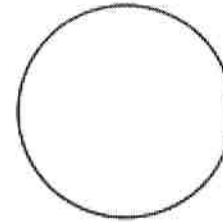
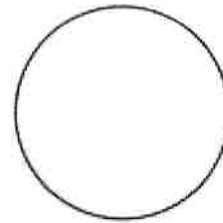
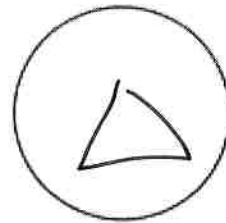
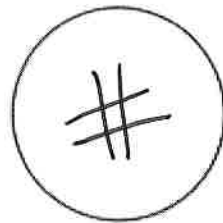
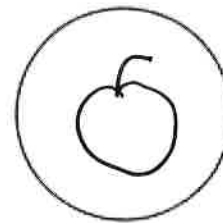
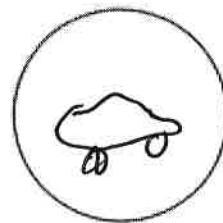
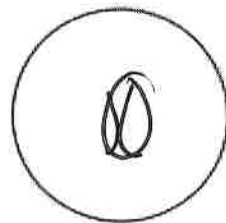
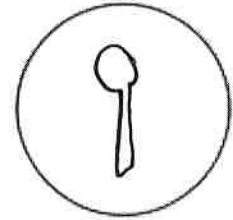
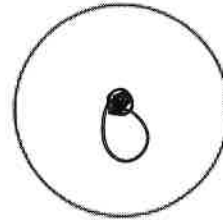
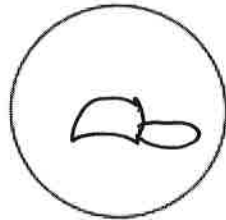
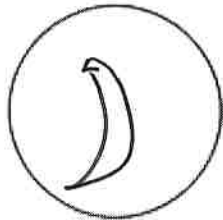
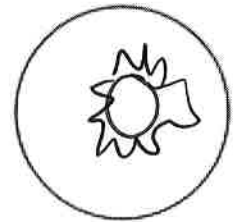
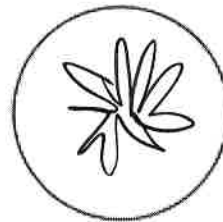
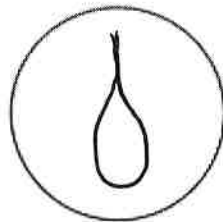
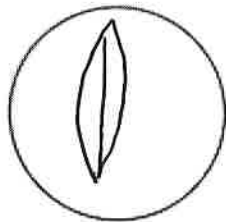
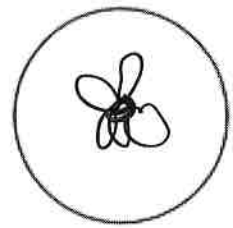
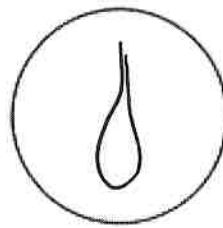
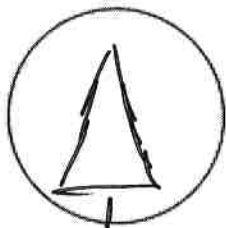
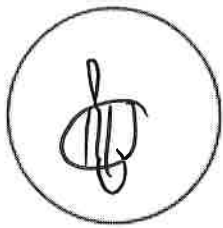
SA/ 5-8
Before

The 30 circle challenge



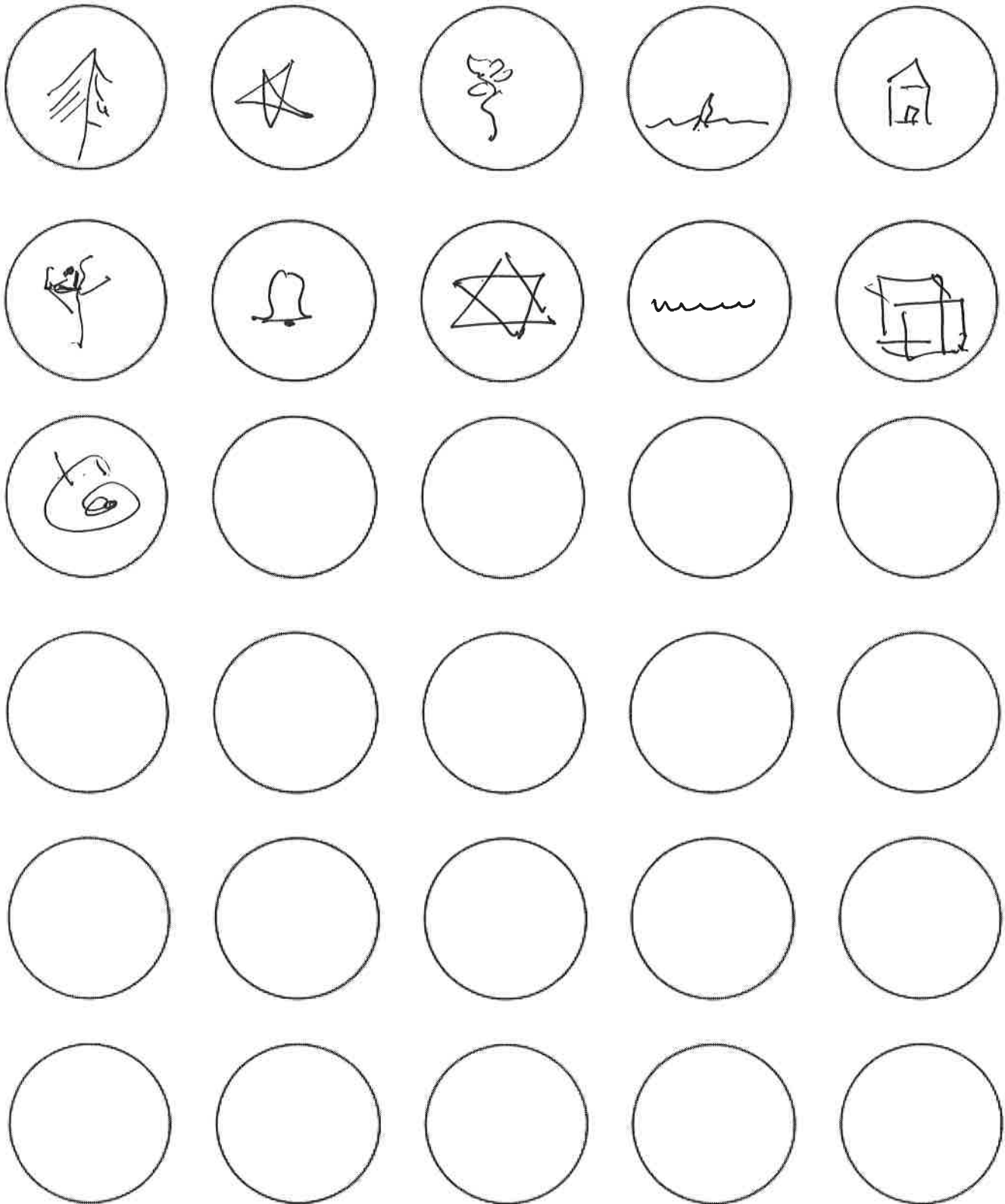
The 30 circle challenge

SH
After



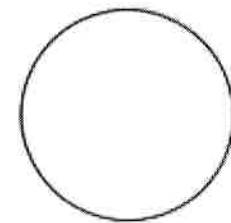
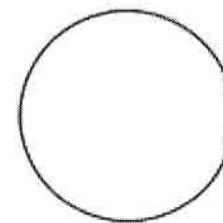
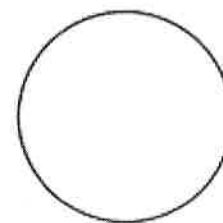
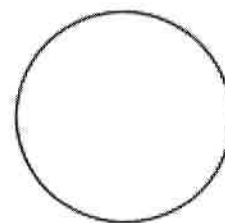
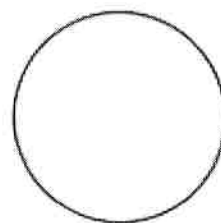
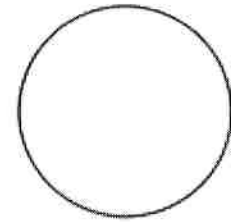
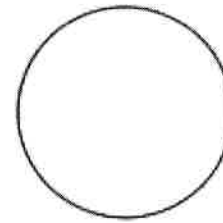
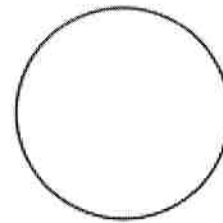
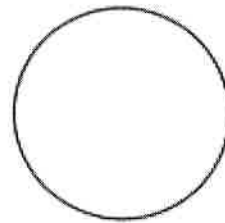
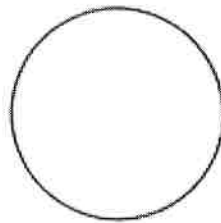
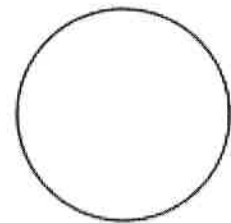
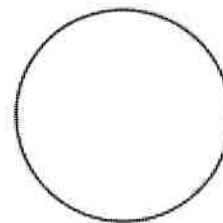
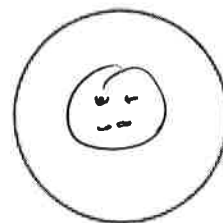
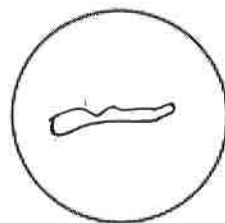
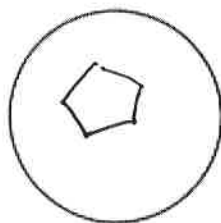
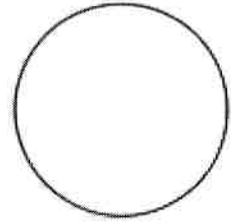
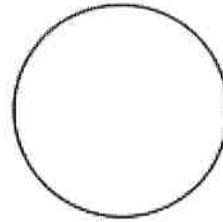
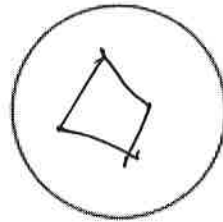
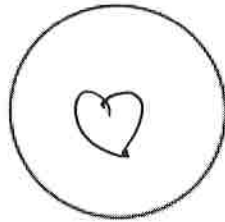
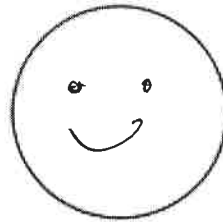
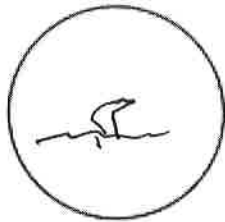
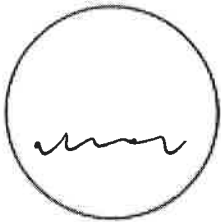
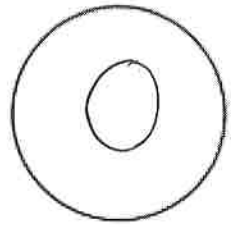
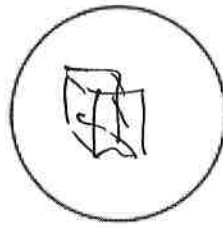
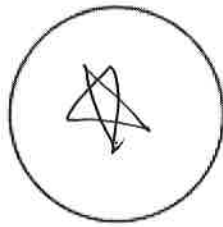
mde/30
before

The 30 circle challenge



with
after

The 30 circle challenge

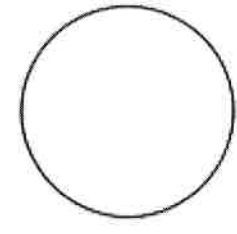
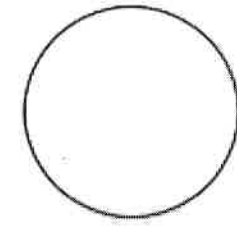
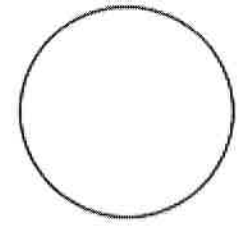
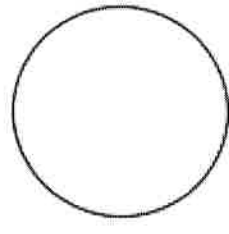
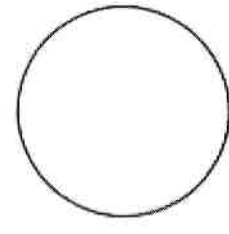
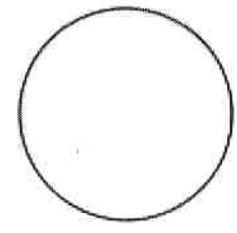
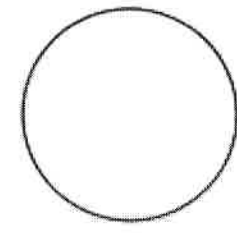
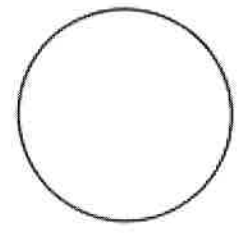
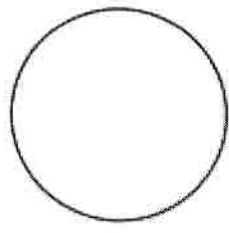
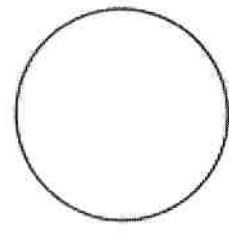
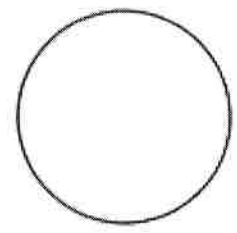
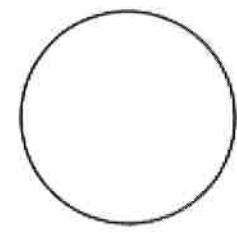
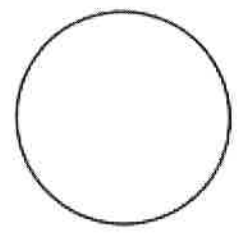
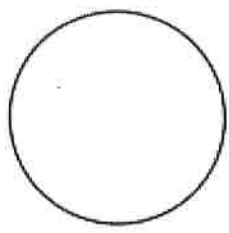
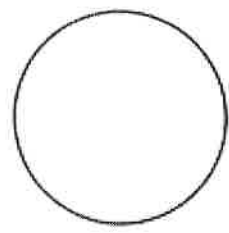
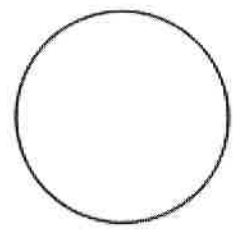
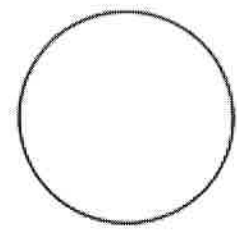
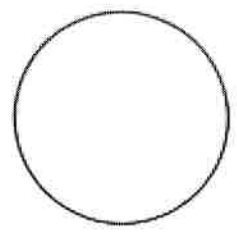
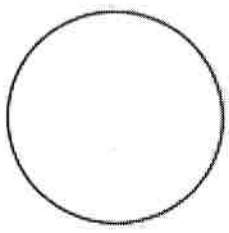
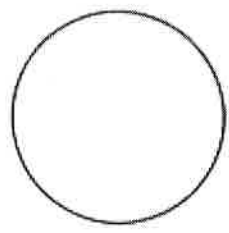
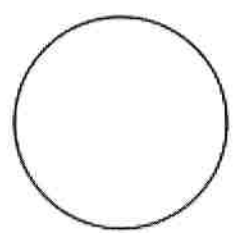
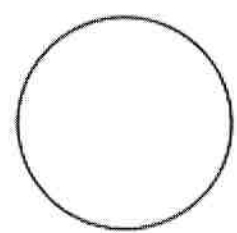
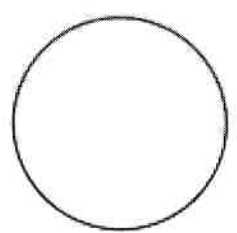
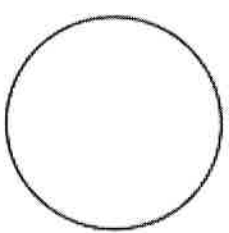
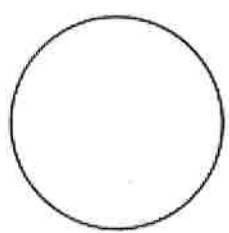
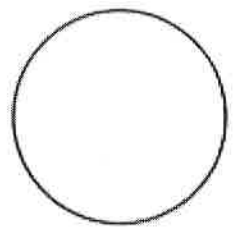
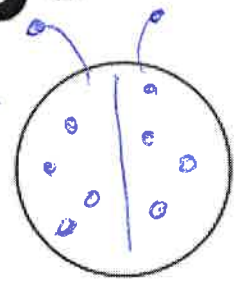
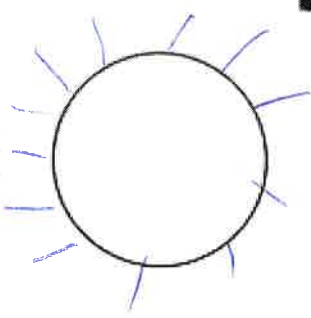
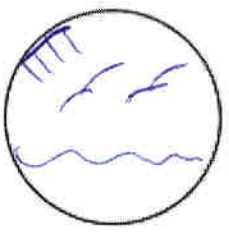


2 hrs
~~Before~~

The 30 circle challenge

AS
Before

7



2

The 30 circle challenge

As
After

7

