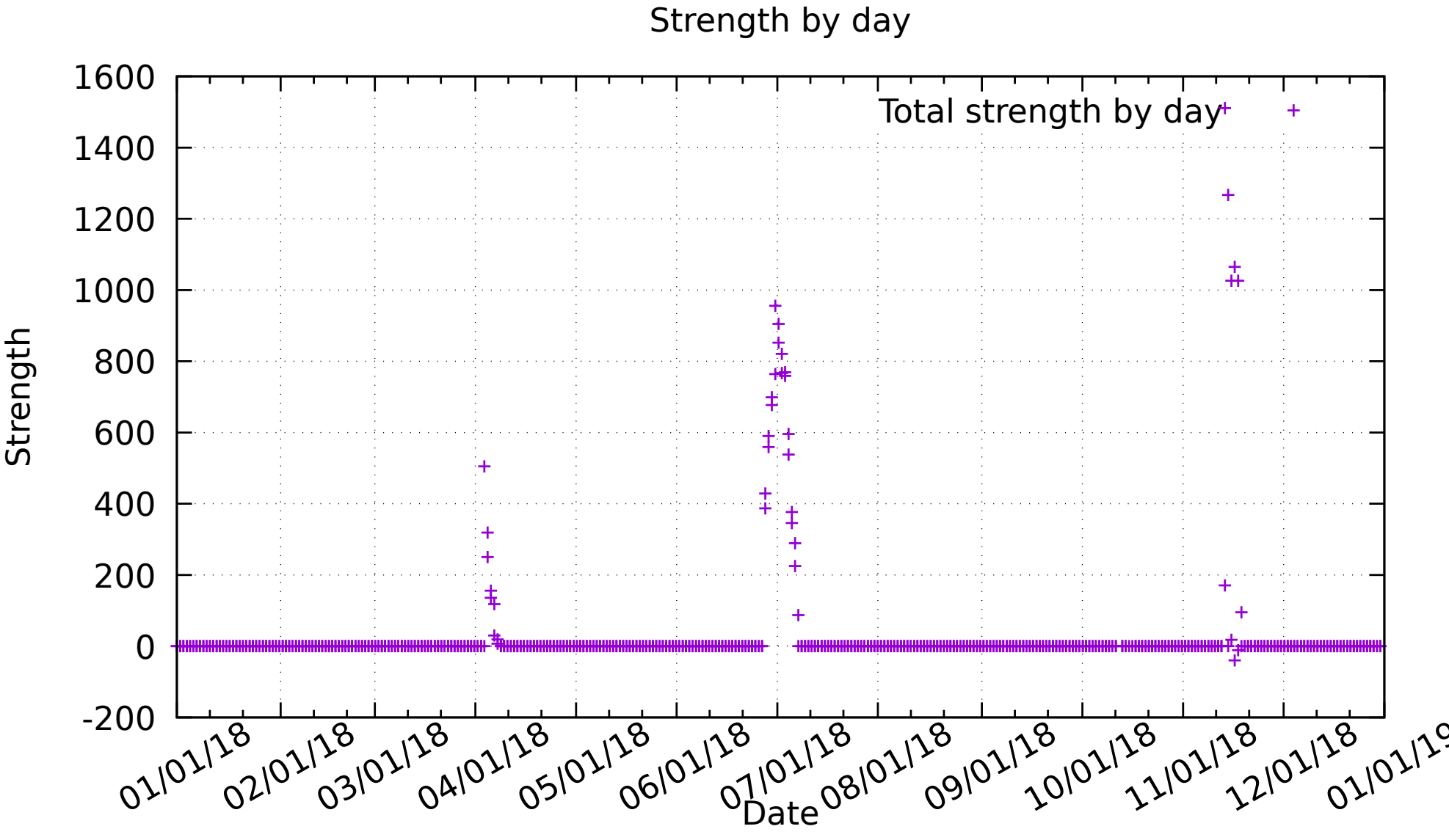
Strength by day
Total strength by day
Strength
Date
1600
1400
1200
1000
800
600
400
200
0
-200
01/01/18
02/01/18
03/01/18
04/01/18
05/01/18
06/01/18
07/01/18
08/01/18
09/01/18
10/01/18
11/01/18
12/01/18
01/01/19