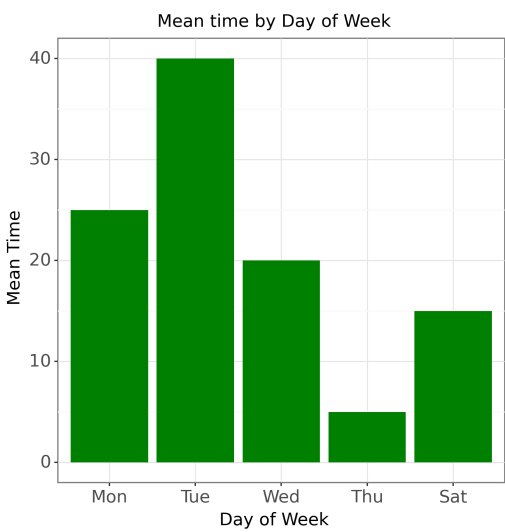
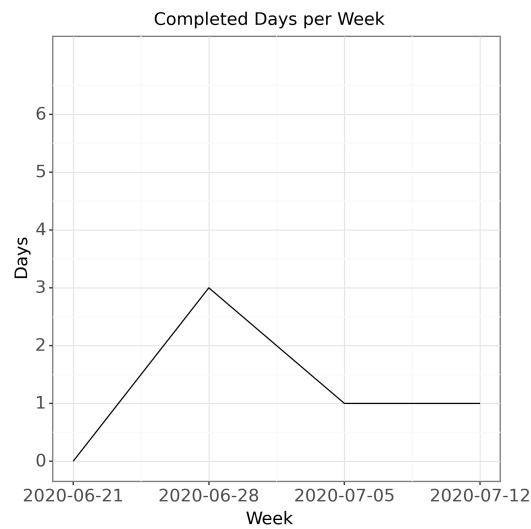
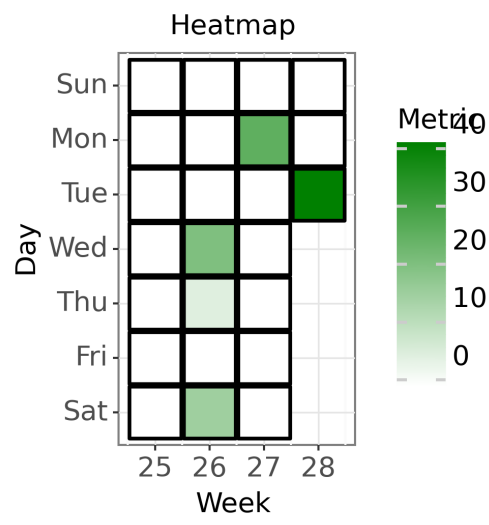


Exercise: Every day



Programming: 5 Hours per week

