

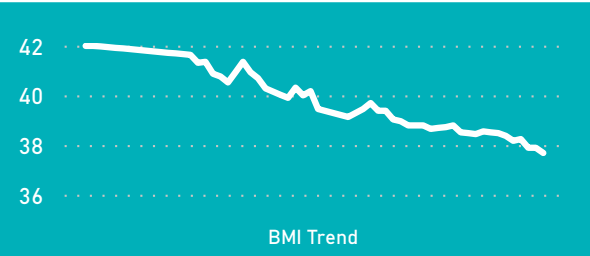
To make the world a better place first do the things you have to do everyday. Can you imagine yourself in 10 years if instead of avoiding the things you KNOW you should do, you actually did them every single day.
-Dr Jordan B. Peterson

Charge 5 User - Lehlohonolo Makoti

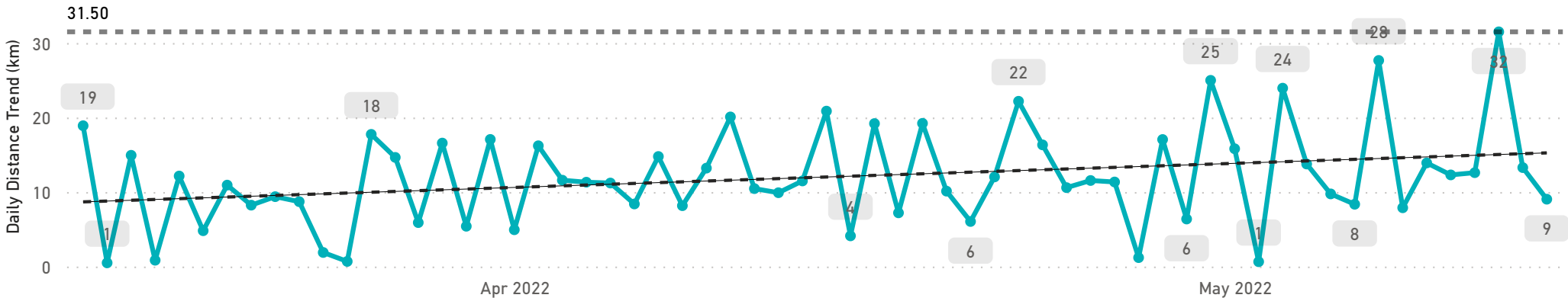
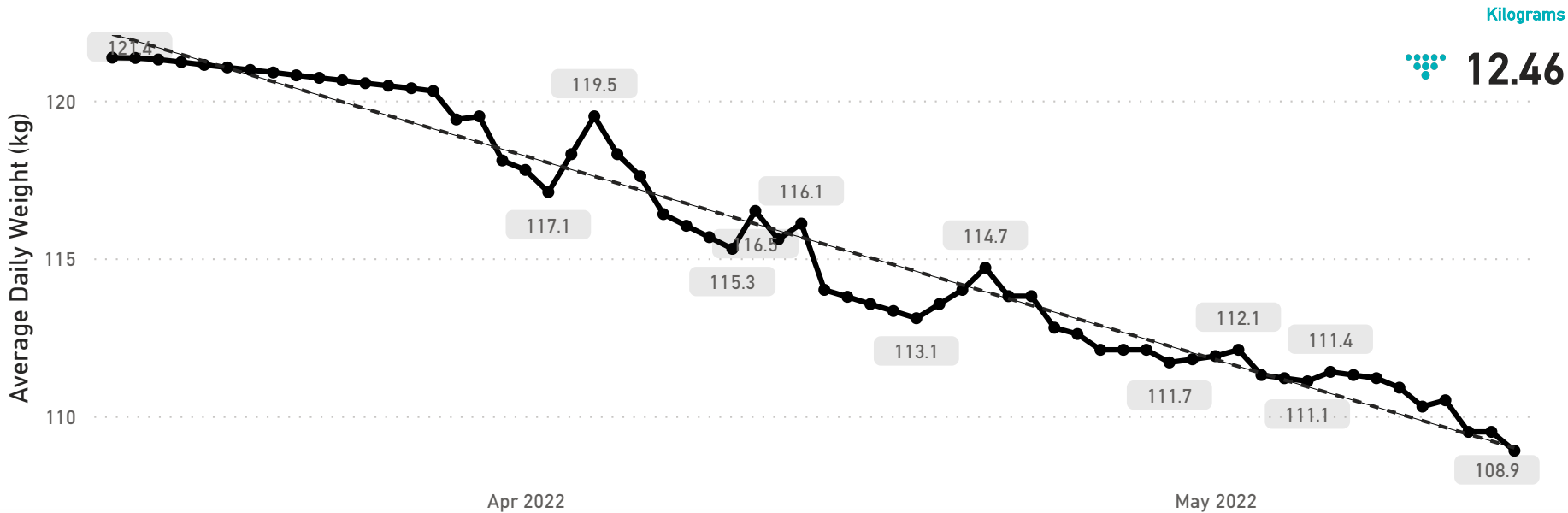


Body Mass Index - Now

37.68



WALKING ROUTINE (3x weekly)
Period: 15 March - 14 May



Total Distance - km

741.94