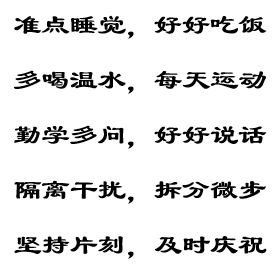
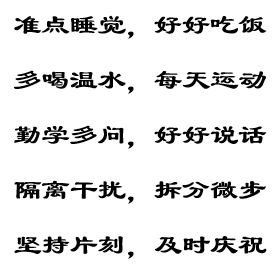
**准点睡觉，好好吃饭**

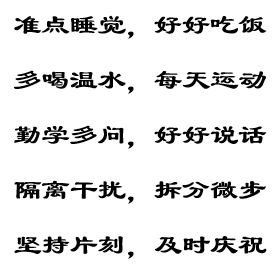
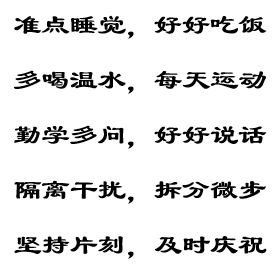
**多喝温水，每天运动**

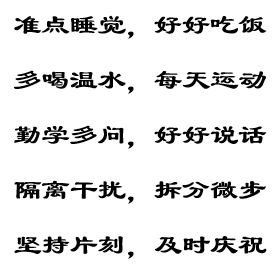
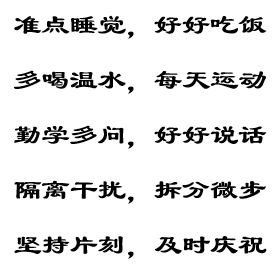
**勤学多问，好好说话**

**隔离干扰，拆分微步**

**坚持片刻，及时庆祝**

**** ****

**** ****

**** ****