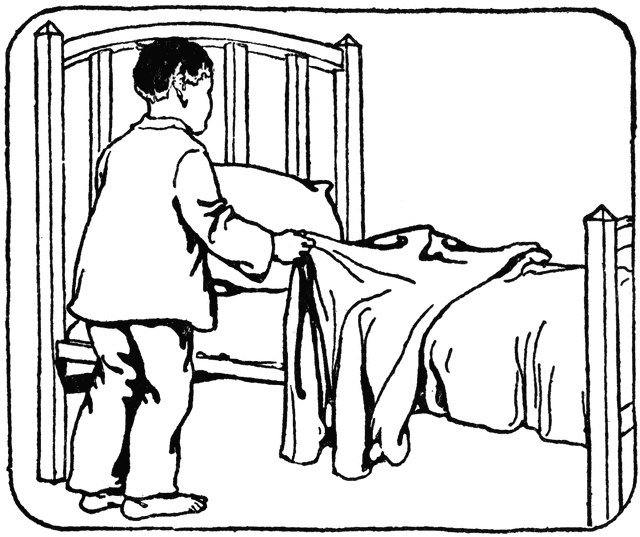
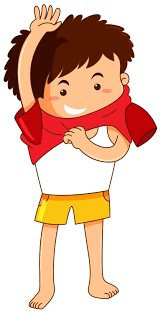
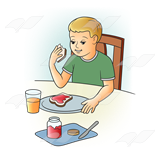
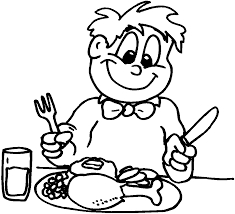
**Daily routine**

**IN THE MORNING**

1  2 3  4 5 

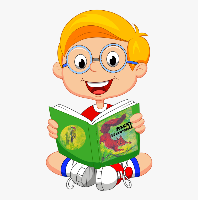
6 

**IN THE AFTERNOON**

7  8  9 

10  11  12 

**IN THE EVENING**

13  14  15  16 