Minutes of Walking/Exercise

	After Breakfast	Mid Morning	After Lunch	Mid Afternoon	After Dinner
Sunday				*	
Monday			-		
Tuesday			11		
Wednesday					
Thursday					
Friday					
Saturday					

Minutes of Walking/Exercise

	After Breakfast	Mid Morning	After Lunch	Mid Afternoon	After Dinner
Sunday					: 1
Monday					
Tuesday					
Wednesday		•		•	
Thursday	A RANGE OF DAY HAND REPORT OF THE PRESE OF T	1990 To a way (6 6 6 7 7 7 7 7 7 7	Man person and rids are the supervisors accounted primary in the pro-	ngonstable blocks acted to the integral places have a 100010 Min the integral in	
Friday					
Saturday		7		- 1000 11 11 11 11 11 11 11 11 11 11 11 1	