

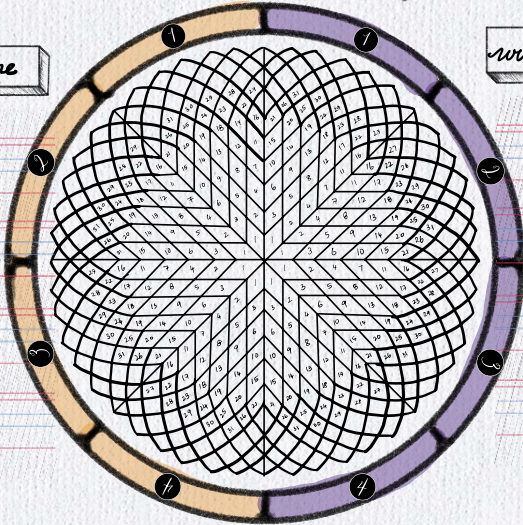


# Day-in Day-out



Wake up routine

wind-down routine



- 1
- 2
- 3
- 4

- 1
- 2
- 3
- 4