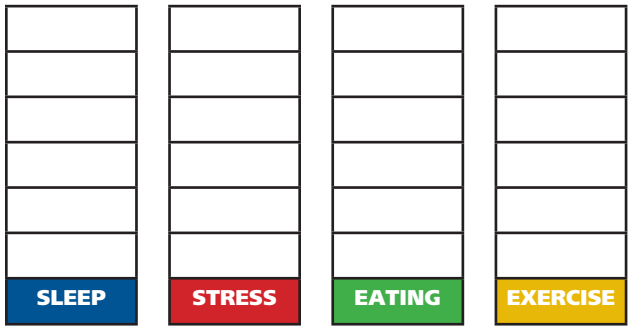
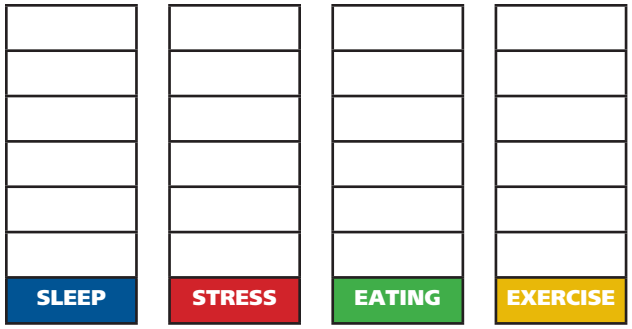
S2E2 Summary Charts for the First Five Week Report

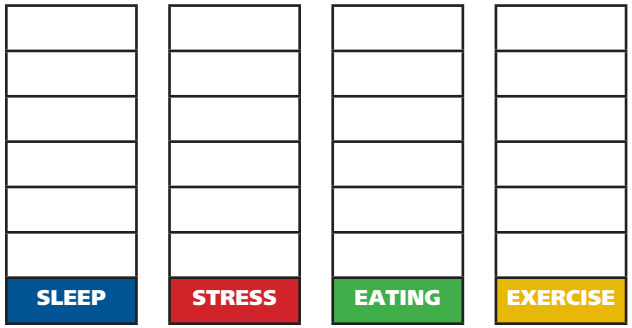
WEEK ONE



WEEK TWO

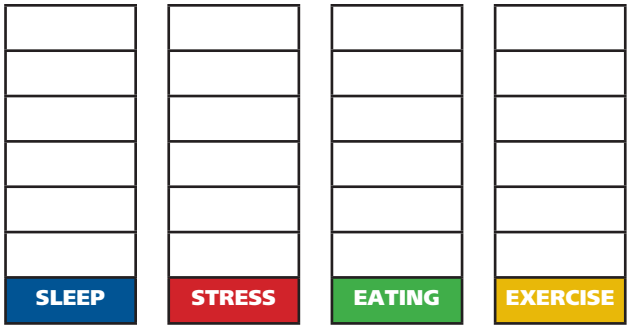


WEEK THREE



WEEK FOUR

WEEK FIVE



KEY

SLEEP: Number of days with 7 to 9 hours of sleep at one time.

STRESS: Number of days with a stress level 6 or over. (Mood and Coping)

EATING: Number of days eating breakfast.

EXERCISE: Number of days with scheduled workouts or a minimum of 30 minutes activity.

OVERVIEW OF S2E2

SLEEP

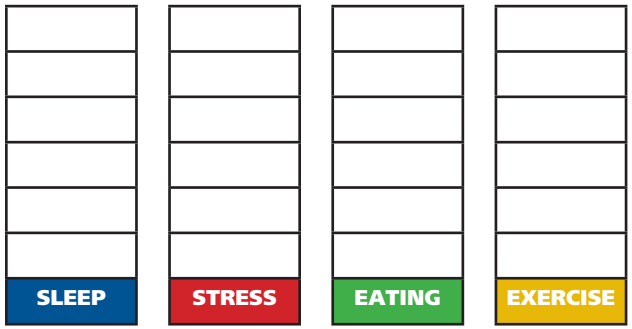
STRESS

EATING

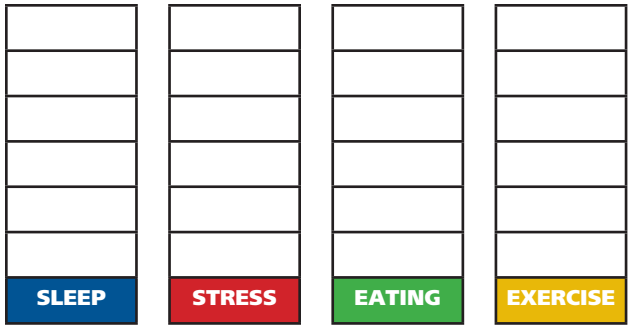
EXERCISE

S2E2 Summary Charts for the Second Five Week Report

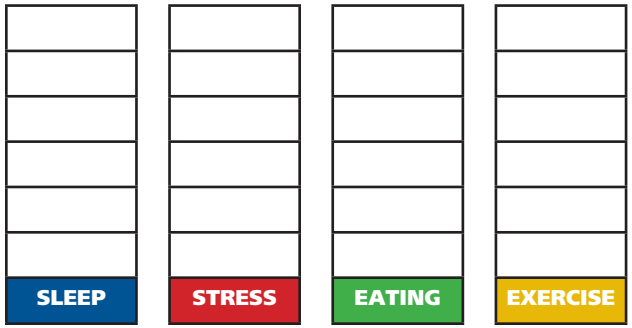
WEEK SIX



WEEK SEVEN

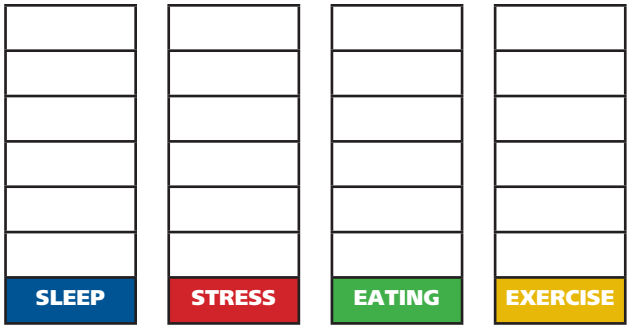


WEEK EIGHT



WEEK NINE

WEEK TEN



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OVERVIEW OF S2E2

SLEEP

STRESS

EATING

EXERCISE