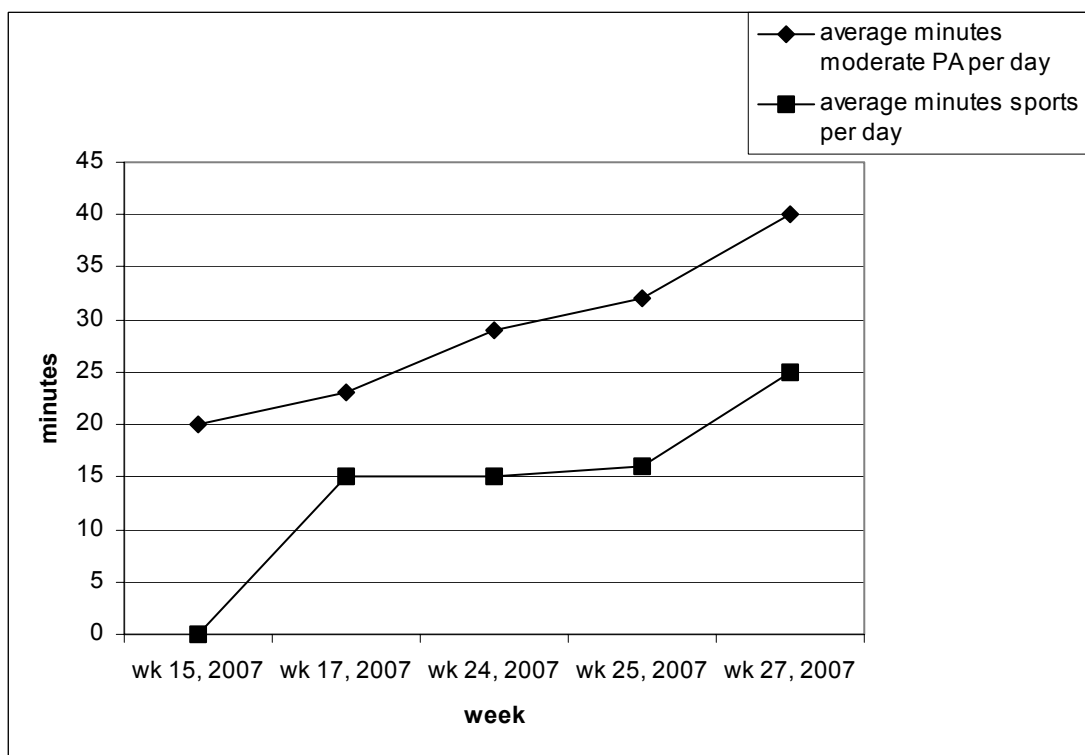


| | monday | tuesday | wednesday | thursday | friday | saturday | sunday |
|-----------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Moderate intensity PA | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes |
| Sports | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes | ... minutes |



The monitoring function regarding fruit and vegetable consumption and weight (BMI) will work in a similar manner.