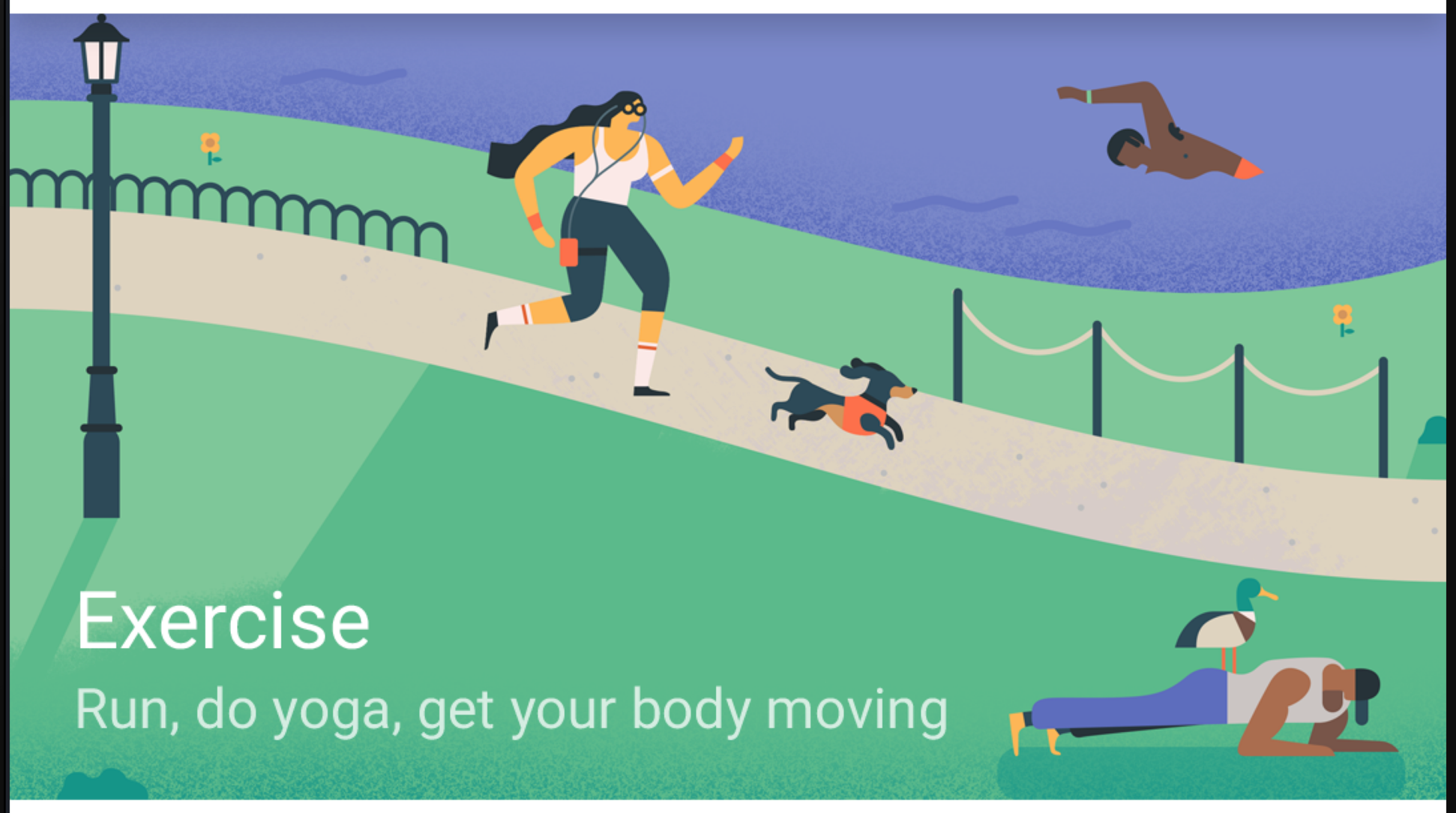
6:00

Goals



Exercise

Run, do yoga, get your body moving

Build a skill

Learn a language, practice an instrument