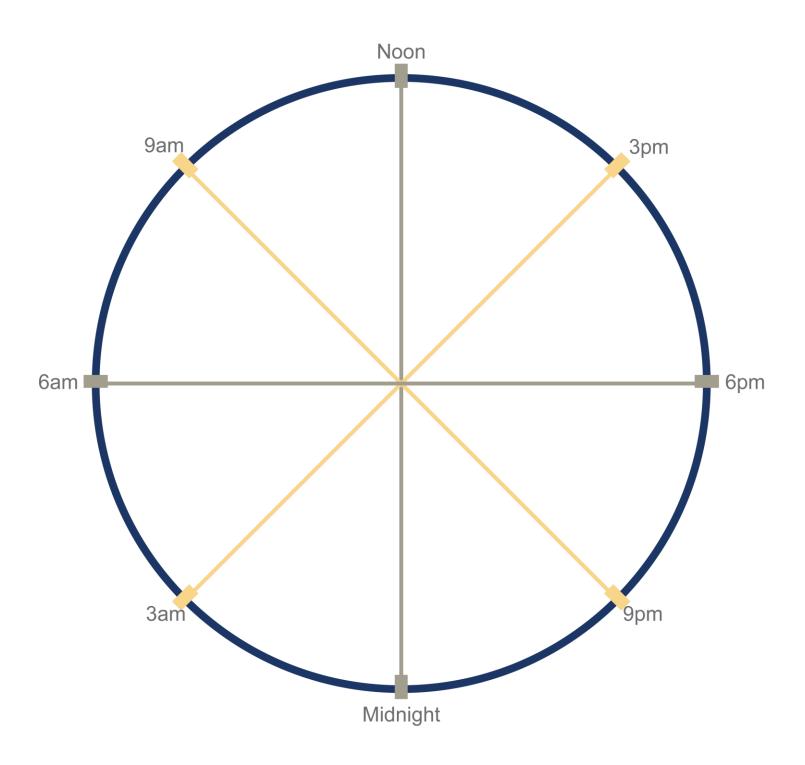
## TEMPLATE 24 Hour Clock



## USE WITH: PERFECT TIME OF DAY EXERCISE