GET IN THE ROUTINE AND BECOME A







HABITS	MON	TUES	WED	THURS	FRI	SAT	SUN
	500	500	500	500	550	500	<i>55</i> 0
	500	800	000	000	800	800	880
	000	500	800	000	800	500	800
	500	500	500	500	500	000	500
	500	500	500	500	550	500	550
	500	000	000	000	500	000	500