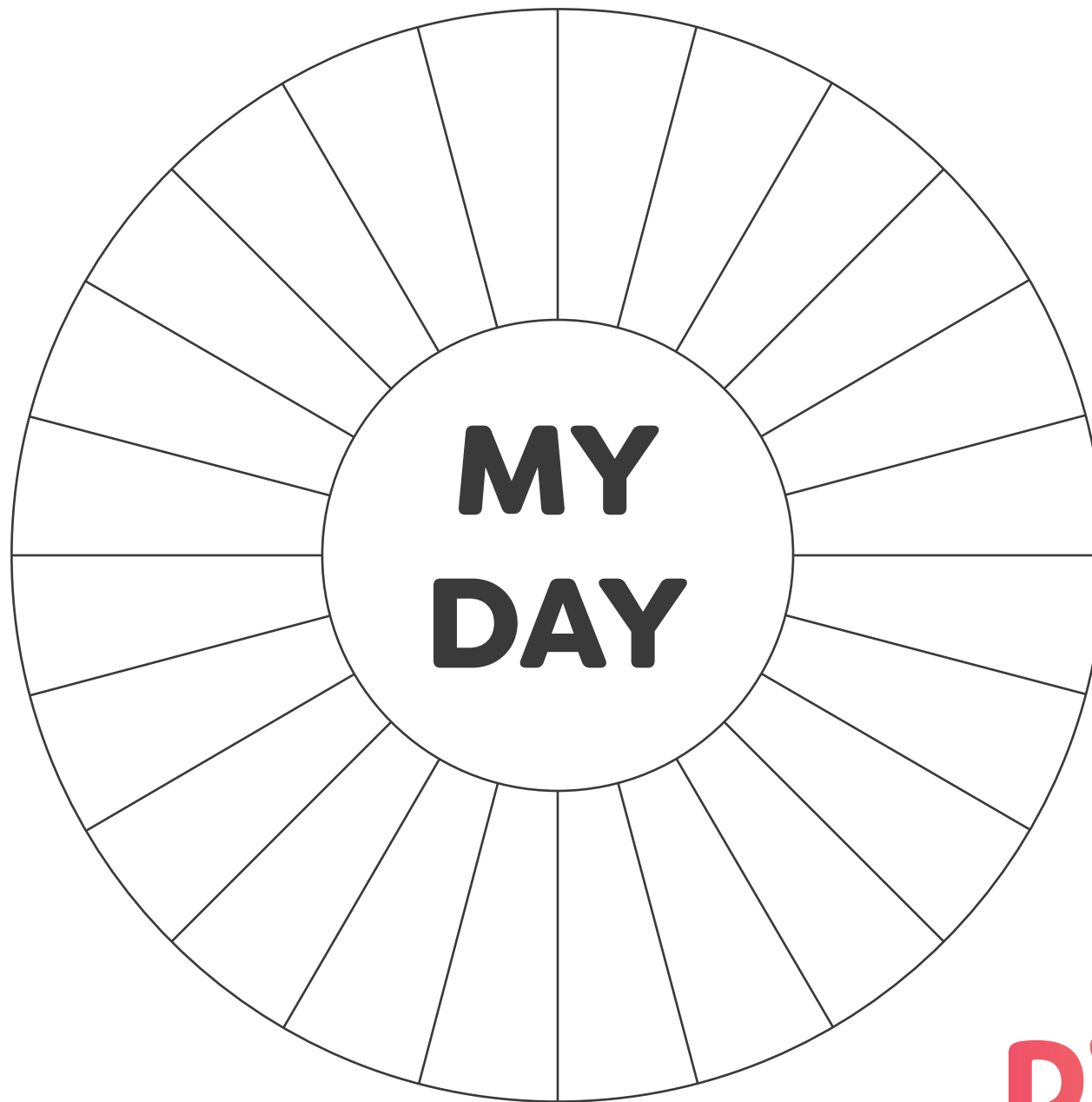


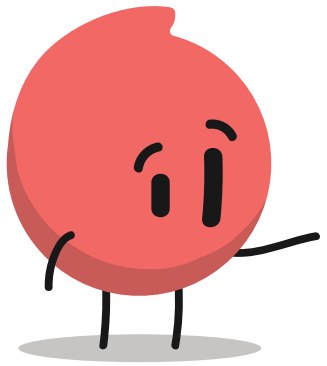
Sleep

Green Time

Screen-Time

Other





REPLACE

REDUCE

A large, empty rounded rectangular box with a thick green border, intended for notes or content related to the 'REPLACE' section.

A large, empty rounded rectangular box with a thick blue border, intended for notes or content related to the 'REDUCE' section.