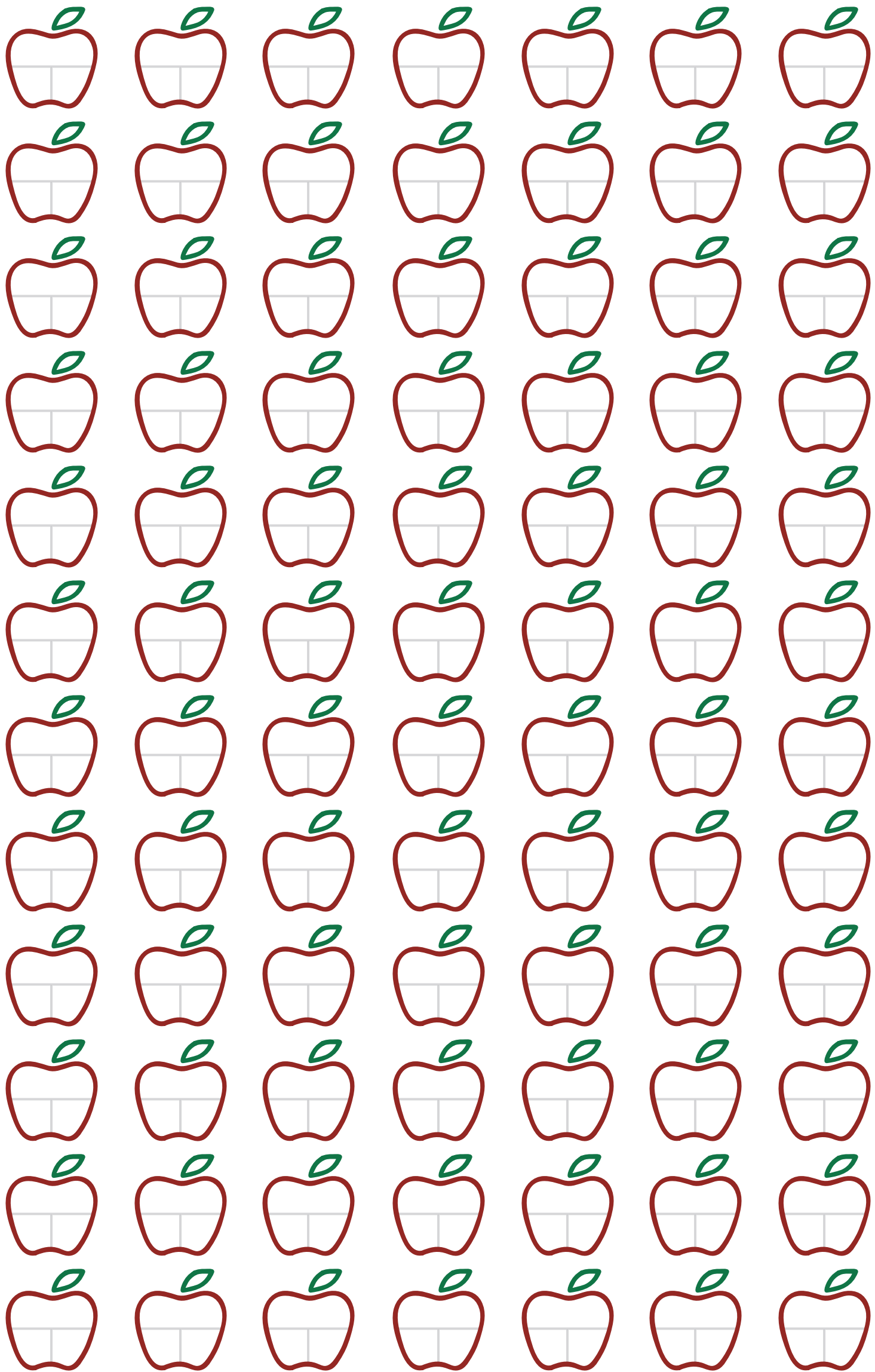


an apple a day...



met my calorie goal.



exercise for 30 minutes.



exercise for 1 hour.



met my calorie goal
& exercised for 1 hour!