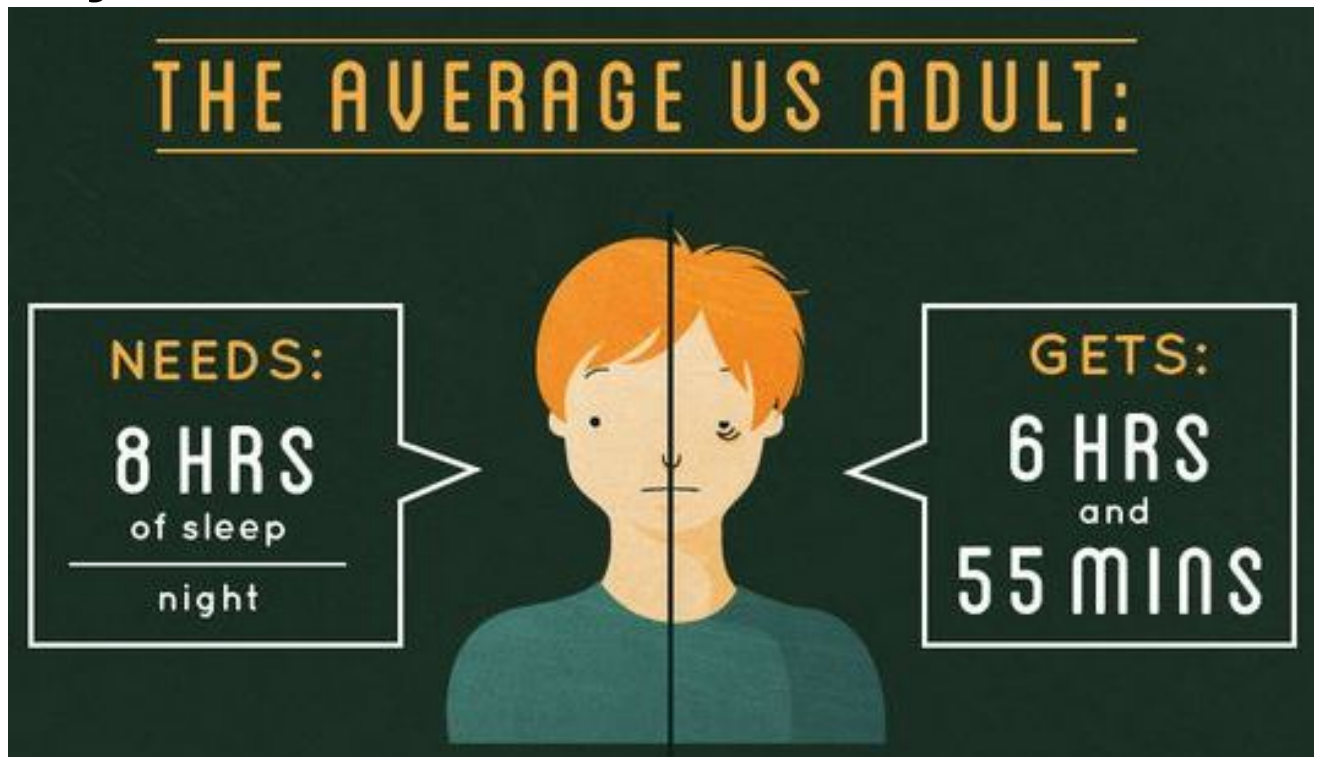


Day 11





A ONE HOUR
WORKOUT
IS 4%
OF YOUR DAY
no excuses











Have all of the data Ready



Don't _____ your data

Without context, a piece of information is just a dot. It floats in your brain with a lot of other dots and doesn't mean a damn thing. Knowledge is information-in-context ... connecting the dots.

- Michael Ventura

