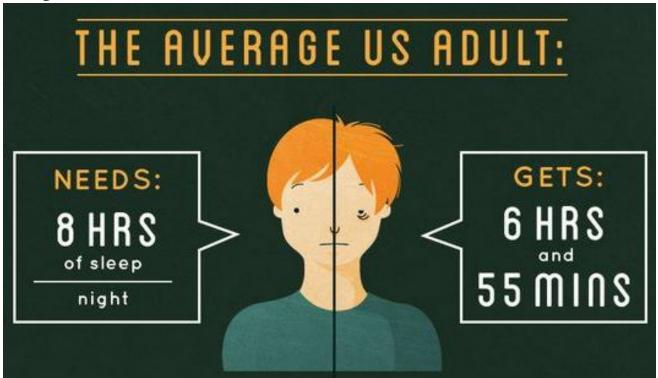
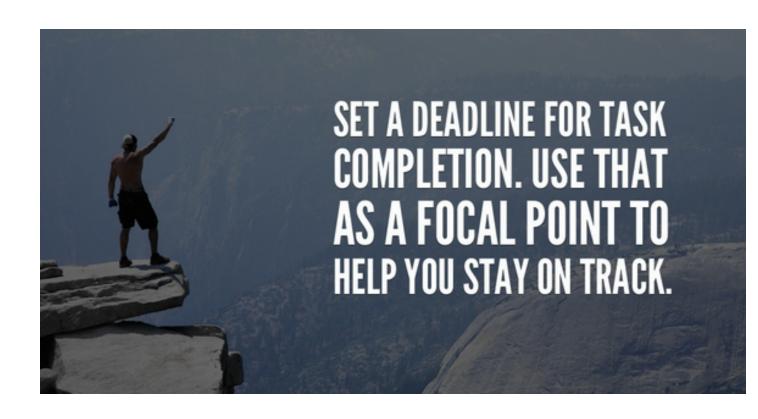
Day 11





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A ONE HOUR WORKOUT IS 4% OF YOUR DAY



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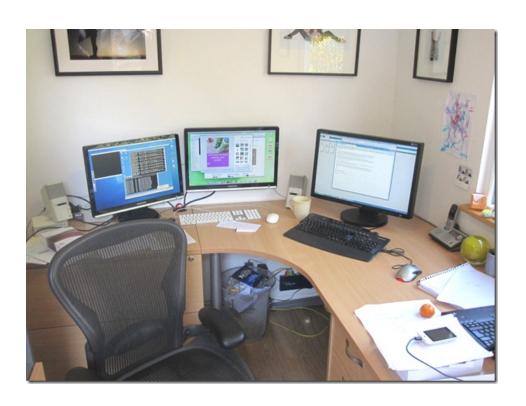


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Have all of the data Ready



Don't _____ your data

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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

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