



Daily 5 Stamina GRAPH



How many minutes can we work independently?

20															
19															
18															
17															
16															
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14															
13															
12															
11															
10															
9															
8															
7															
6															
5															
4															
3															
2															
1															
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15