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WEDNESDAY, AUG 2



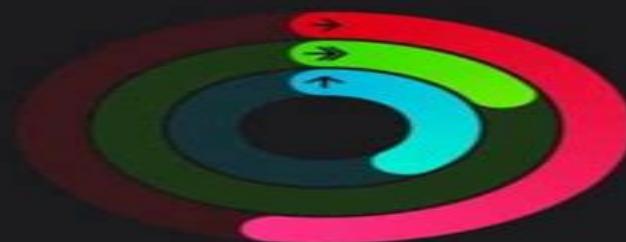
# Summary

## Activity

Move  
**98/180CAL**

Exercise  
**6/30MIN**

Stand  
**5/12HRS**



Steps  
**1,391**

Distance  
**0.63MI**

## History

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Outdoor Walk  
**0.65MI**

7/14/23

## Trainer Tips



**How to set up your feet for  
warrior 1 in yoga**  
with Fitness+ Trainer Jonelle



Summary

Fitness+



Sharing

# Iphone 17 Workout Plan Texas

**M Mark**

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