

Choose the duration



I switch on the computer
and wait for it to start up.



5 minutes

A



25 minutes

B

Choose the duration



I brush my teeth.



30 minutes

A



5 minutes

B

Choose the duration



I do a short deep breathing exercise in class.



5 minutes

A



30 minutes

B

Choose the duration



I do warm up before hiking.



5 minutes

A



30 minutes

B

Choose the duration



I do morning workout in class.



20 minutes

A



5 minutes

B

Choose the duration



I wash and dry my hands
after going to the toilet.



30 minutes

A



5 minutes

B

Choose the duration



I walk down the stairs to
Sprouts.



5 minutes

A



25 minutes

B

Choose the duration



I change into my PD attire.



10 minutes

A



30 minutes

B

Choose the duration



I clean my desk and chair
before going home.



30 minutes

A



5 minutes

B