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2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2433	2434	2435	2436	2437	2438	2439	2440	2441	2442	2443	2444	2445	2446	2447	2448	2449	2450	2451	2452	2453	2454	2455	2456	2457	2458	2459	2460	2461	2462	2463	2464	2465	2466	2467	2468	2469	2470	2471	2472	2473	2474	2475	2476	2477
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Year	Month	Day	Activity	Location	Start/End Time	Duration (min)	Frequency (times/week)	Intensity (level)	Equipment (type)	Notes (details)	Coach (name)	Participant (name)	Age	Gender	Weight (kg)	Height (cm)	Heart Rate (b/min)	Calories (kcal)	Distance (km)	Speed (km/h)	Time (min)	Score (points)	Rank (position)	Comments (feedback)
2023	01	01	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	02	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	03	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	04	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	05	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	06	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	07	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	08	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	09	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	10	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	11	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	12	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	13	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	14	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	15	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	16	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	17	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	18	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	19	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	20	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	21	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	22	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	23	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	24	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	25	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	26	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	27	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	28	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	29	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	30	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	01	31	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	01	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	02	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	03	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	04	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	05	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	06	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	07	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	08	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	09	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	10	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	11	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	12	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	13	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	14	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	15	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	16	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	17	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	18	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	19	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	20	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	21	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	22	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	23	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	24	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	25	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	26	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	27	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	28	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	29	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	30	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	02	31	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	03	01	Cardio	Indoor	06:00-07:00	60	3	High	Treadmill	Interval training	Good	John	25	M	70	175	150	300	5.0	12.0	10:00	85	1	Great
2023	03	02	Strength	Indoor	07:00-08:00	60	3	High	Dumbbells	Full body	Good	John	25	M	70	175	150	300	5.0					

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20241010	20241011	20241012	20241013	20241014	20241015	20241016	20241017	20241018	20241019	20241020	20241021	20241022	20241023	20241024	20241025	20241026	20241027	20241028	20241029	20241030	20241031	20241101	20241102	20241103	20241104	20241105	20241106	20241107	20241108	20241109	20241110	20241111	20241112	20241113	20241114	20241115	20241116	20241117	20241118	20241119	20241120	20241121	20241122	20241123	20241124	20241125	20241126	20241127	20241128	20241129	20241130	20241201	20241202	20241203	20241204	20241205	20241206	20241207	20241208	20241209	20241210	20241211	20241212	20241213	20241214	20241215	20241216	20241217	20241218	20241219	20241220	20241221	20241222	20241223	20241224	20241225	20241226	20241227	20241228	20241229	20241230	20241231	20250101	20250102	20250103	20250104	20250105	20250106	20250107	20250108	20250109	20250110	20250111	20250112	20250113	20250114	20250115	20250116	20250117	20250118	20250119	20250120	20250121	20250122	20250123	20250124	20250125	20250126	20250127	20250128	20250129	20250130	20250131	20250201	20250202	20250203	20250204	20250205	20250206	20250207	20250208	20250209	20250210	20250211	20250212	20250213	20250214	20250215	20250216	20250217	20250218	20250219	20250220	20250221	20250222	20250223	20250224	20250225	20250226	20250227	20250228	20250229	20250301	20250302	20250303	20250304	20250305	20250306	20250307	20250308	20250309	20250310	20250311	20250312	20250313	20250314	20250315	20250316	20250317	20250318	20250319	20250320	20250321	20250322	20250323	20250324	20250325	20250326	20250327	20250328	20250329	20250330	20250331	20250401	20250402	20250403	20250404	20250405	20250406	20250407	20250408	20250409	20250410	20250411	20250412	20250413	20250414	20250415	20250416	20250417	20250418	20250419	20250420	20250421	20250422	20250423	20250424	20250425	20250426	20250427	20250428	20250429	20250430	20250501	20250502	20250503	20250504	20250505	20250506	20250507	20250508	20250509	20250510	20250511	20250512	20250513	20250514	20250515	20250516	20250517	20250518	20250519	20250520	20250521	20250522	20250523	20250524	20250525	20250526	20250527	20250528	20250529	20250530	20250531	20250601	20250602	20250603	20250604	20250605	20250606	20250607	20250608	20250609	20250610	20250611	20250612	20250613	20250614	20250615	20250616	20250617	20250618	20250619	20250620	20250621	20250622	20250623	20250624	20250625	20250626	20250627	20250628	20250629	20250630	20250701	20250702	20250703	20250704	20250705	20250706	20250707	20250708	20250709	20250710	20250711	20250712	20250713	20250714	20250715	20250716	20250717	20250718	20250719	20250720	20250721	20250722	20250723	20250724	20250725	20250726	20250727	20250728	20250729	20250730	20250731	20250801	20250802	20250803	20250804	20250805	20250806	20250807	20250808	20250809	20250810	20250811	20250812	20250813	20250814	20250815	20250816	20250817	20250818	20250819	20250820	20250821	20250822	20250823	20250824	20250825	20250826	20250827	20250828	20250829	20250830	20250831	20250901	20250902	20250903	20250904	20250905	20250906	20250907	20250908	20250909	20250910	20250911	20250912	20250913	20250914	20250915	20250916	20250917	20250918	20250919	20250920	20250921	20250922	20250923	20250924	20250925	20250926	20250927	20250928	20250929	20250930	20251001	20251002	20251003	20251004	20251005	20251006	20251007	20251008	20251009	20251010	20251011	20251012	20251013	20251014	20251015	20251016	20251017	20251018	20251019	20251020	20251021	20251022	20251023	20251024	20251025	20251026	20251027	20251028	20251029	20251030	20251031	20251101	20251102	20251103	20251104	20251105	20251106	20251107	20251108	20251109	20251110	20251111	20251112	20251113	20251114	20251115	20251116	20251117	20251118	20251119	20251120	20251121	20251122	20251123	20251124	20251125	20251126	20251127	20251128	20251129	20251130	20251201	20251202	20251203	20251204	20251205	20251206	20251207	20251208	20251209	20251210	20251211	20251212	20251213	20251214	20251215	20251216	20251217	20251218	20251219	20251220	20251221	20251222	20251223	20251224	20251225	20251226	20251227	20251228	20251229	20251230	20251231
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Year	Month	Day	Activity	Start/End	Duration	Frequency	Location	Participants	Facilitator	Notes	Outcome	Impact	Feedback	Next Steps
2023	01	01	Introduction to the course and overview of the semester.	09:00 - 10:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	02	Introduction to the course and overview of the semester.	10:00 - 11:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	03	Introduction to the course and overview of the semester.	11:00 - 12:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	04	Introduction to the course and overview of the semester.	12:00 - 13:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	05	Introduction to the course and overview of the semester.	13:00 - 14:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	06	Introduction to the course and overview of the semester.	14:00 - 15:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	07	Introduction to the course and overview of the semester.	15:00 - 16:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	08	Introduction to the course and overview of the semester.	16:00 - 17:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	09	Introduction to the course and overview of the semester.	17:00 - 18:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	10	Introduction to the course and overview of the semester.	18:00 - 19:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	11	Introduction to the course and overview of the semester.	19:00 - 20:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	12	Introduction to the course and overview of the semester.	20:00 - 21:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	13	Introduction to the course and overview of the semester.	21:00 - 22:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	14	Introduction to the course and overview of the semester.	22:00 - 23:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	15	Introduction to the course and overview of the semester.	23:00 - 24:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	16	Introduction to the course and overview of the semester.	24:00 - 25:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	17	Introduction to the course and overview of the semester.	25:00 - 26:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	18	Introduction to the course and overview of the semester.	26:00 - 27:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	19	Introduction to the course and overview of the semester.	27:00 - 28:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	20	Introduction to the course and overview of the semester.	28:00 - 29:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	21	Introduction to the course and overview of the semester.	29:00 - 30:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	22	Introduction to the course and overview of the semester.	30:00 - 31:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	23	Introduction to the course and overview of the semester.	31:00 - 32:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	24	Introduction to the course and overview of the semester.	32:00 - 33:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	25	Introduction to the course and overview of the semester.	33:00 - 34:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	26	Introduction to the course and overview of the semester.	34:00 - 35:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	27	Introduction to the course and overview of the semester.	35:00 - 36:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	28	Introduction to the course and overview of the semester.	36:00 - 37:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	29	Introduction to the course and overview of the semester.	37:00 - 38:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	30	Introduction to the course and overview of the semester.	38:00 - 39:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	31	Introduction to the course and overview of the semester.	39:00 - 40:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	32	Introduction to the course and overview of the semester.	40:00 - 41:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	33	Introduction to the course and overview of the semester.	41:00 - 42:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	34	Introduction to the course and overview of the semester.	42:00 - 43:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	35	Introduction to the course and overview of the semester.	43:00 - 44:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	36	Introduction to the course and overview of the semester.	44:00 - 45:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	37	Introduction to the course and overview of the semester.	45:00 - 46:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	38	Introduction to the course and overview of the semester.	46:00 - 47:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	39	Introduction to the course and overview of the semester.	47:00 - 48:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	40	Introduction to the course and overview of the semester.	48:00 - 49:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	41	Introduction to the course and overview of the semester.	49:00 - 50:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	42	Introduction to the course and overview of the semester.	50:00 - 51:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	43	Introduction to the course and overview of the semester.	51:00 - 52:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	44	Introduction to the course and overview of the semester.	52:00 - 53:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	45	Introduction to the course and overview of the semester.	53:00 - 54:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	46	Introduction to the course and overview of the semester.	54:00 - 55:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	47	Introduction to the course and overview of the semester.	55:00 - 56:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	48	Introduction to the course and overview of the semester.	56:00 - 57:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	49	Introduction to the course and overview of the semester.	57:00 - 58:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	50	Introduction to the course and overview of the semester.	58:00 - 59:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	51	Introduction to the course and overview of the semester.	59:00 - 60:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	52	Introduction to the course and overview of the semester.	60:00 - 61:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	53	Introduction to the course and overview of the semester.	61:00 - 62:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	54	Introduction to the course and overview of the semester.	62:00 - 63:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	55	Introduction to the course and overview of the semester.	63:00 - 64:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	56	Introduction to the course and overview of the semester.	64:00 - 65:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	57	Introduction to the course and overview of the semester.	65:00 - 66:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	58	Introduction to the course and overview of the semester.	66:00 - 67:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	59	Introduction to the course and overview of the semester.	67:00 - 68:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	60	Introduction to the course and overview of the semester.	68:00 - 69:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	61	Introduction to the course and overview of the semester.	69:00 - 70:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	62	Introduction to the course and overview of the semester.	70:00 - 71:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	63	Introduction to the course and overview of the semester.	71:00 - 72:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	64	Introduction to the course and overview of the semester.	72:00 - 73:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	65	Introduction to the course and overview of the semester.	73:00 - 74:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	66	Introduction to the course and overview of the semester.	74:00 - 75:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	67	Introduction to the course and overview of the semester.	75:00 - 76:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	68	Introduction to the course and overview of the semester.	76:00 - 77:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	69	Introduction to the course and overview of the semester.	77:00 - 78:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	70	Introduction to the course and overview of the semester.	78:00 - 79:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	71	Introduction to the course and overview of the semester.	79:00 - 80:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	72	Introduction to the course and overview of the semester.	80:00 - 81:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	73	Introduction to the course and overview of the semester.	81:00 - 82:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	74	Introduction to the course and overview of the semester.	82:00 - 83:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	75	Introduction to the course and overview of the semester.	83:00 - 84:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	76	Introduction to the course and overview of the semester.	84:00 - 85:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	77	Introduction to the course and overview of the semester.	85:00 - 86:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	78	Introduction to the course and overview of the semester.	86:00 - 87:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	79	Introduction to the course and overview of the semester.	87:00 - 88:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	80	Introduction to the course and overview of the semester.	88:00 - 89:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	81	Introduction to the course and overview of the semester.	89:00 - 90:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	82	Introduction to the course and overview of the semester.	90:00 - 91:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	83	Introduction to the course and overview of the semester.	91:00 - 92:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	84	Introduction to the course and overview of the semester.	92:00 - 93:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	85	Introduction to the course and overview of the semester.	93:00 - 94:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	86	Introduction to the course and overview of the semester.	94:00 - 95:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	87	Introduction to the course and overview of the semester.	95:00 - 96:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	88	Introduction to the course and overview of the semester.	96:00 - 97:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	89	Introduction to the course and overview of the semester.	97:00 - 98:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	90	Introduction to the course and overview of the semester.	98:00 - 99:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	91	Introduction to the course and overview of the semester.	99:00 - 100:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	92	Introduction to the course and overview of the semester.	100:00 - 101:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	93	Introduction to the course and overview of the semester.	101:00 - 102:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	94	Introduction to the course and overview of the semester.	102:00 - 103:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	95	Introduction to the course and overview of the semester.	103:00 - 104:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.	Review course materials.	
2023	01	96	Introduction to the course and overview of the semester.	104:00 - 105:00	1h	1	Online	10	Dr. Smith	Successful start to the course.	High engagement.	Positive feedback.</		

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2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411	2412	2413	2414	2415	2416	2417	2418	2419	2420	2421	2422	2423	2424	2425	2426	2427	2428	2429	2430	2431	2432	2433	2434	2435	2436	2437	2438	2439	2440	2441	2442	2443	2444	2445	2446	2447	2448	2449	2450	2451	2452	2453	2454	2455	2456	2457	2458	2459	2460	2461	2462	2463	2464	2465	2466	2467	2468	2469	2470	2471	2472	2473	2474	2475	2476	2477	2478	2479	2480	2481	2482	2483	2484	2485	2486	2487	2488	2489	2490	2491	2492	2493	2494	2495	2496	2497	2498	2499	2500	2501	2502	2503	2504	2505	2506	2507	2508	2509	2510	2511	2512	2513	2514	2515	2516	2517	2518	2519	2520	2521	2522	2523	2524	2525	2526	2527	2528	2529	2530	2531	2532	2533	2534	2535	2536	2537	2538	2539	2540	2541	2542	2543	2544	2545	2546	2547	2548	2549	2550	2551	2552	2553	2554	2555	2556	2557	2558	2559	2560	2561	2562	2563	2564	2565	2566	2567	2568	2569	2570	2571	2572	2573	2574	2575	2576	2577	2578	2579	2580	2581	2582	2583	2584	2585	2586	2587	2588	2589	2590	2591	2592	2593	2594	2595	2596	2597	2598	2599	2600	2601	2602	2603	2604	2605	2606	2607	2608	2609	2610	2611	2612	2613	2614	2615	2616	2617	2618	2619	2620	2621	2622	2623	2624	2625	2626	2627	2628	2629	2630	2631	2632	2633	2634	2635	2636	2637	2638	2639	2640	2641	2642	2643	2644	2645	2646	2647	2648	2649	2650	2651	2652	2653	2654	2655	2656	2657	2658	2659	2660	2661	2662	2663	2664	2665	2666	2667	2668	2669	2670	2671	2672	2673	2674	2675	2676	2677	2678	2679	2680	2681	2682	2683	2684	2685	2686	2687	2688	2689	2690	2691	2692	2693	2694	2695	2696	2697	2698	2699	2700	2701	2702	2703	2704	2705	2706	2707	2708	2709	2710	2711	2712	2713	2714	2715	2716	2717	2718	2719	2720	2721	2722	2723	2724	2725	2726	2727	2728	2729	2730	2731	2732	2733	2734	2735	2736	2737	2738	2739	2740	2741	2742	2743	2744	2745	2746	2747	2748	2749	2750	2751	2752	2753	2754	2755	2756	2757	2758	2759	2760	2761	2762	2763	2764	2765	2766	2767	2768	2769	2770	2771	2772	2773	2774	2775	2776	2777	2778	2779	2780	2781	2782	2783	2784	2785	2786	2787	2788	2789	2790	2791	2792	2793	2794	2795	2796	2797	2798	2799	2800	2801	2802	2803	2804	2805	2806	2807	2808	2809	2810	2811	2812	2813	2814	2815	2816	2817	2818	2819	2820	2821	2822	2823	2824	2825	2826	2827	2828	2829	2830	2831	2832	2833	2834	2835	2836	2837	2838	2839	2840	2841	2842	2843	2844	2845	2846	2847	2848	2849	2850	2851	2852	2853	2854	2855	2856	2857	2858	2859	2860	2861	2862	2863	2864	2865	2866	2867	2868	2869	2870	2871	2872	2873	2874	2875	2876	2877	2878	2879	2880	2881	2882	2883	2884	2885	2886	2887	2888	2889	2890	2891	2892	2893	2894	2895	2896	2897	2898	2899	2900	2901	2902	2903	2904	2905	2906	2907	2908	2909	2910	2911	2912	2913	2914	2915	2916	2917	2918	2919	2920	2921	2922	2923	2924	2925	2926	2927	2928	2929	2930	2931	2932	2933	2934	2935	2936	2937	2938	2939	2940	2941	2942	2943	2944	2945	2946	2947	2948	2949	2950	2951	2952	2953	2954	2955	2956	2957	2958	2959	2960	2961	2962	2963	2964	2965	2966	2967	2968	2969	2970	2971	2972	2973	2974	2975	2976	2977	2978	2979	2980	2981	2982	2983	2984	2985	2986	2987	2988	2989	2990	2991	2992	2993	2994	2995	2996	2997	2998	2999	3000
2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	2100	2101	2102	2103	2104	2105	2106	2107	2108	2109	2110	2111	2112	2113	2114	2115	2116	2117	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127	2128	2129	2130	2131	2132	2133	2134	2135	2136	2137	2138	2139	2140	2141	2142	2143	2144	2145	2146	2147	2148	2149	2150	2151	2152	2153	2154	2155	2156	2157	2158	2159	2160	2161	2162	2163	2164	2165	2166	2167	2168	2169	2170	2171	2172	2173	2174	2175	2176	2177	2178	2179	2180	2181	2182	2183	2184	2185	2186	2187	2188	2189	2190	2191	2192	2193	2194	2195	2196	2197	2198	2199	2200	2201	2202	2203	2204	2205	2206	2207	2208	2209	2210	2211	2212	2213	2214	2215	2216	2217	2218	2219	2220	2221	2222	2223	2224	2225	2226	2227	2228	2229	2230	2231	2232	2233	2234	2235	2236	2237	2238	2239	2240	2241	2242	2243	2244	2245	2246	2247	2248	2249	2250	2251	2252	2253	2254	2255	2256	2257	2258	2259	2260	2261	2262	2263	2264	2265	2266	2267	2268	2269	2270	2271	2272	2273	2274	2275	2276	2277	2278	2279	2280	2281	2282	2283	2284	2285	2286	2287	2288	2289	2290	2291	2292	2293	2294	2295	2296	2297	2298	2299	2300	2301	2302	2303	2304	2305	2306	2307	2308	2309	2310	2311	2312	2313	2314	2315	2316	2317	2318	2319	2320	2321	2322	2323	2324	2325	2326	2327	2328	2329	2330	2331	2332	2333	2334	2335	2336	2337	2338	2339	2340	2341	2342	2343	2344	2345	2346	2347	2348	2349	2350	2351	2352	2353	2354	2355	2356	2357	2358	2359	2360	2361	2362	2363	2364	2365	2366	2367	2368	2369	2370	2371	2372	2373	2374	2375	2376	2377	2378	2379	2380	2381	2382	2383	2384	2385	2386	2387	2388	2389	2390	2391	2392	2393	2394	2395	2396	2397	2398	2399	2400	2401	2402	2403	2404	2405	2406	2407	2408	2409	2410	2411																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													

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