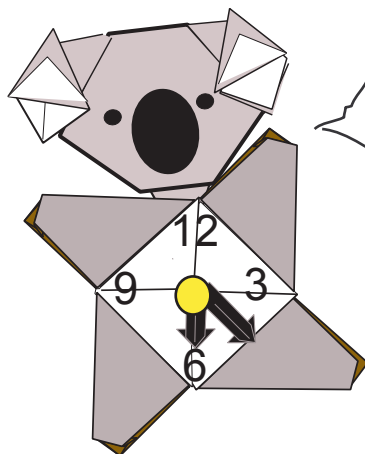


Good habits should be second nature.

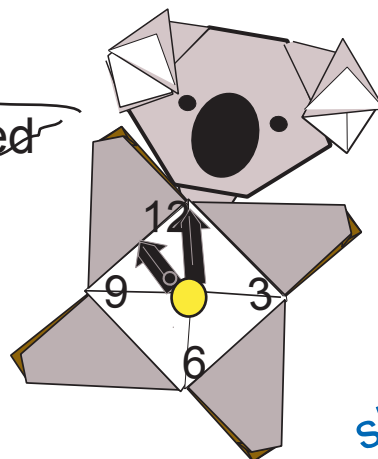
Classic of History

I think we should all practice good habits.



Every morning I watch TV and do calisthenics .

Every night I go to bed before 11:00 PM.



shoko