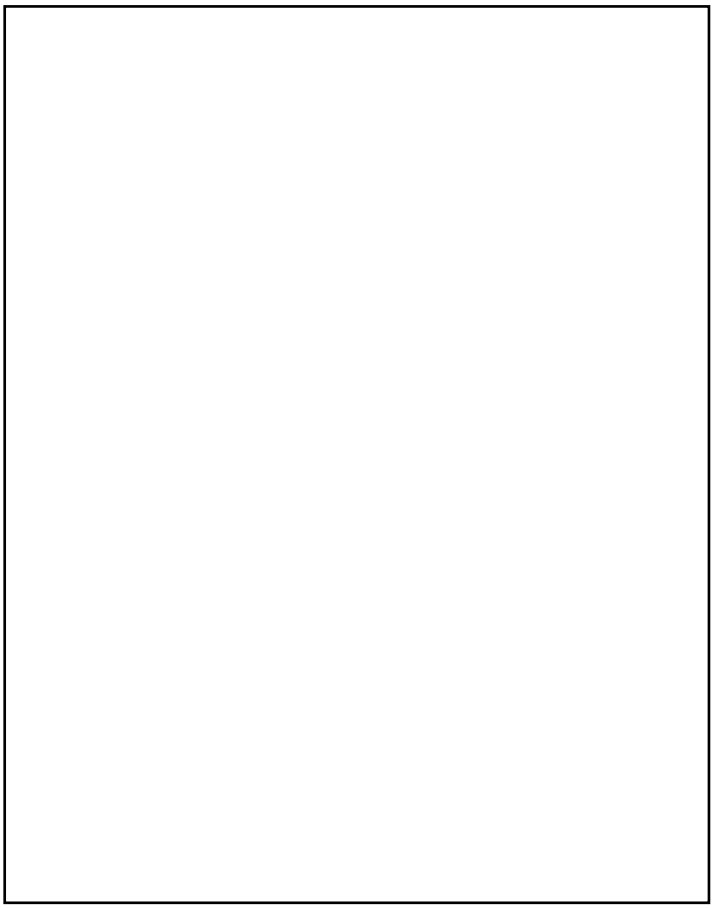
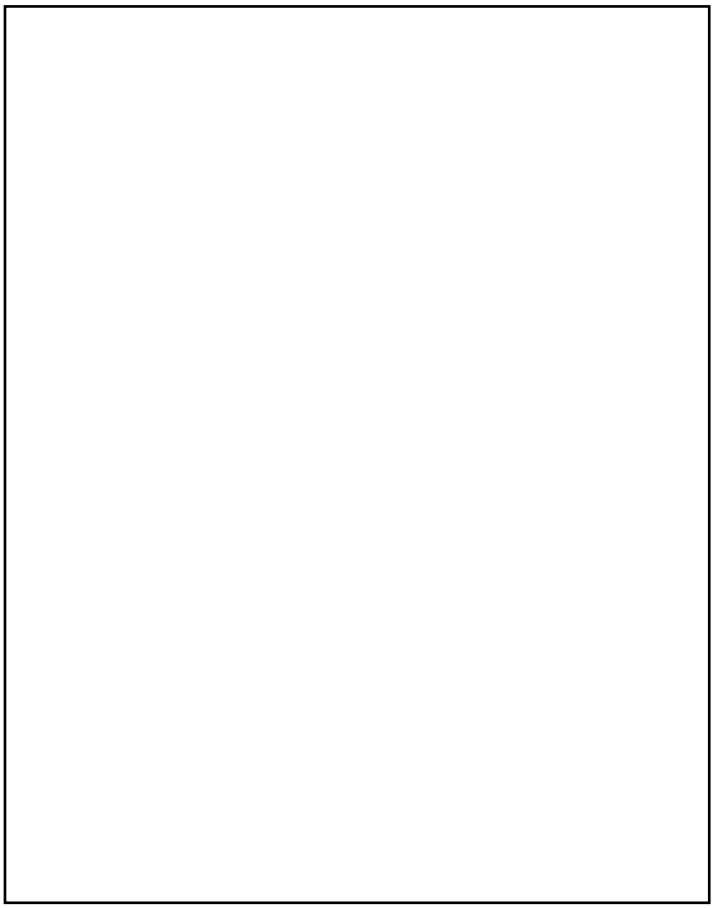
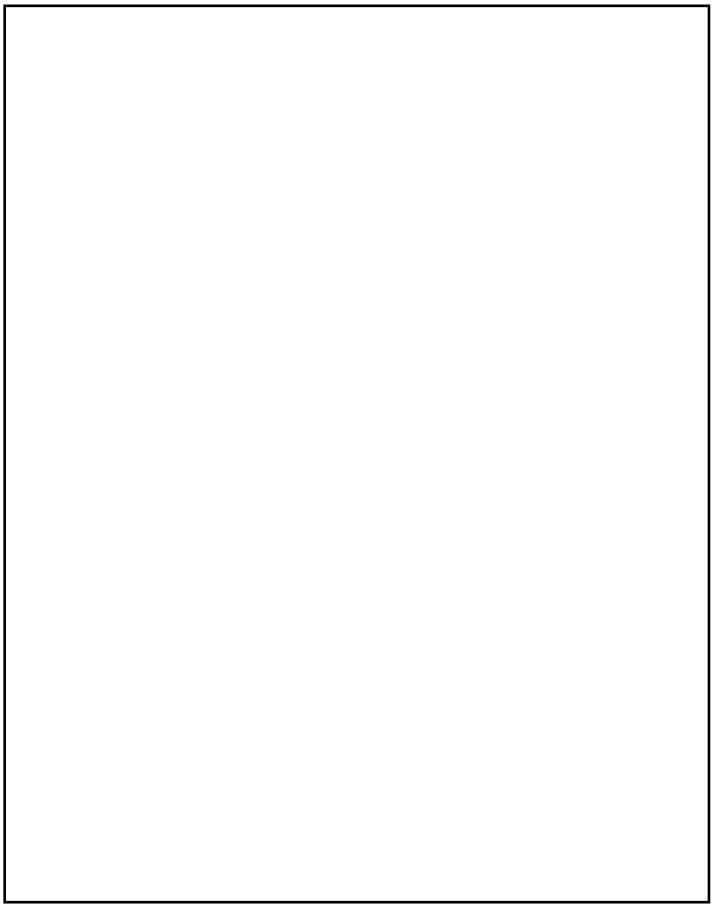
PEN CONTROL EXERCISE DAY: **DATE:**

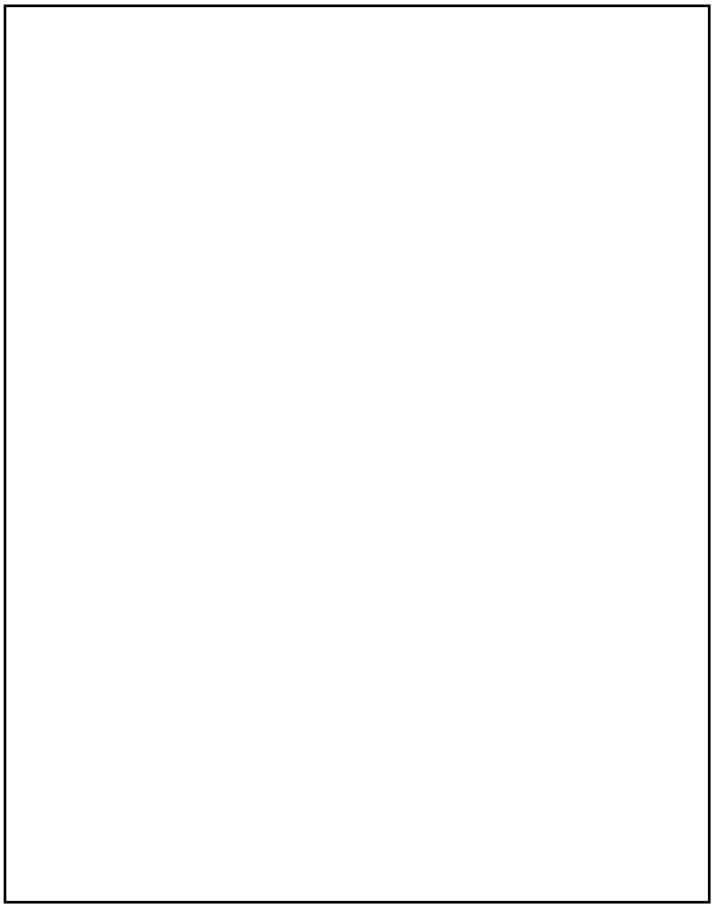
PEN CONTROL EXERCISE DAY: **DATE:**

PEN CONTROL EXERCISE DAY: **DATE:**

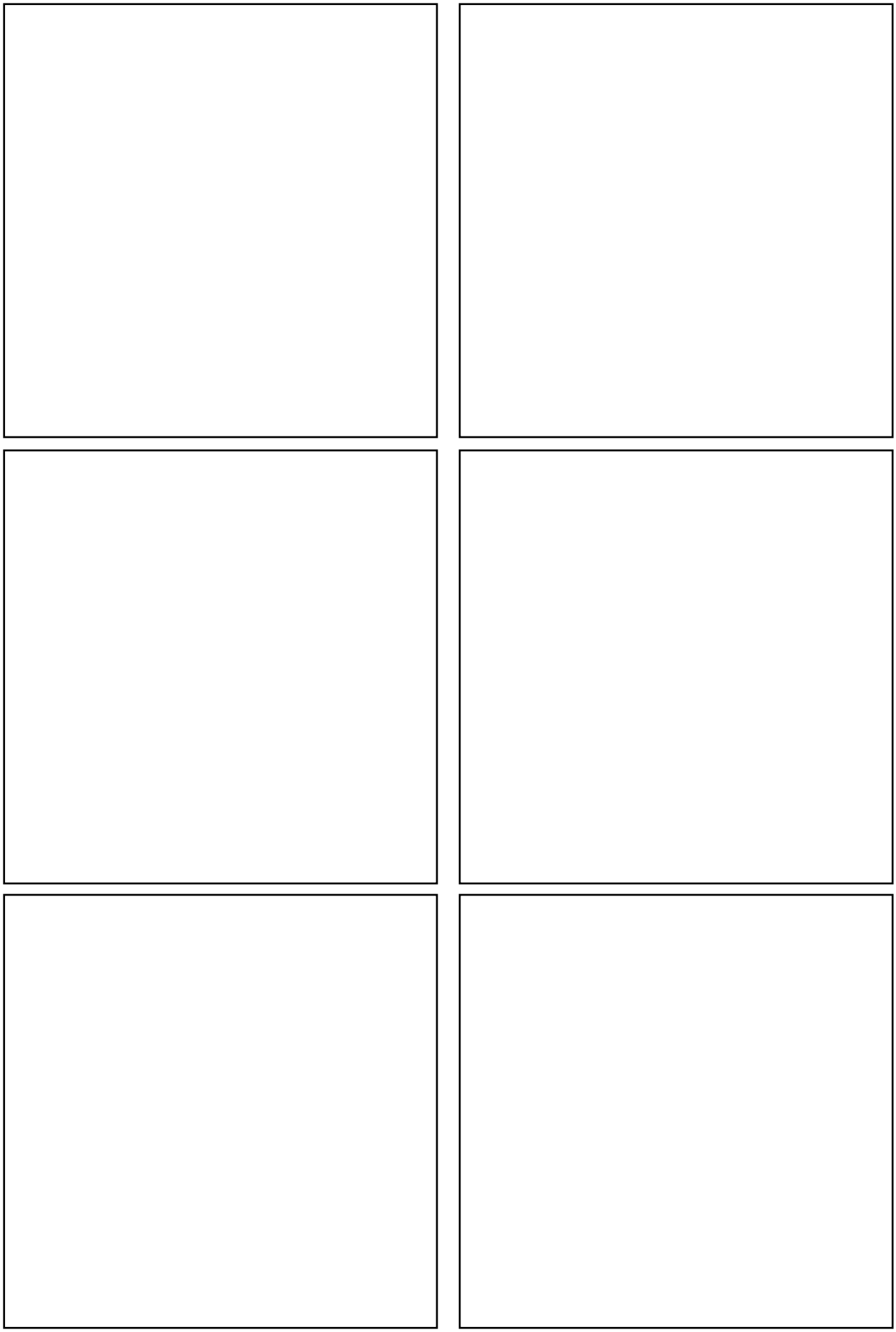






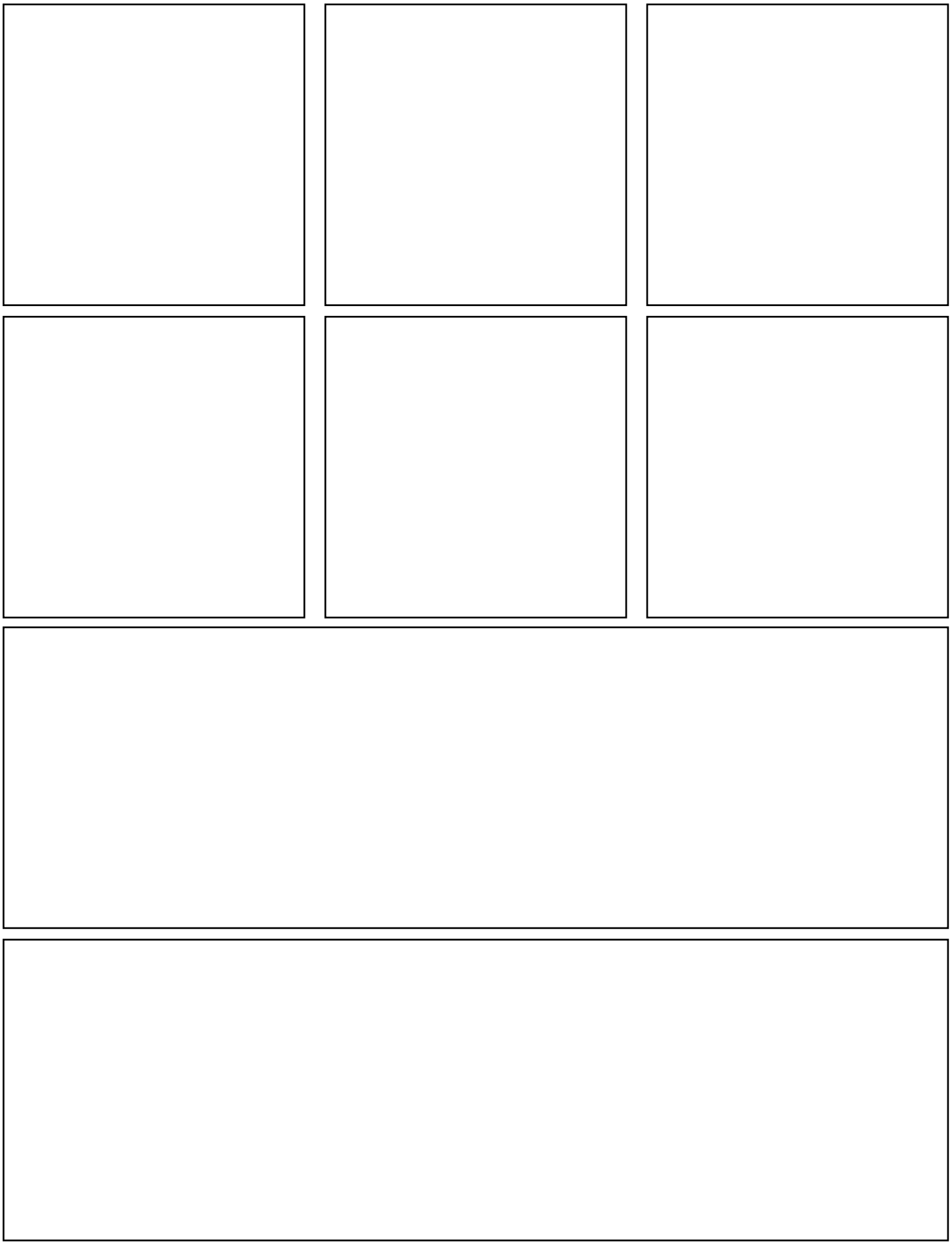


PEN CONTROL EXERCISE DAY: **DATE:**

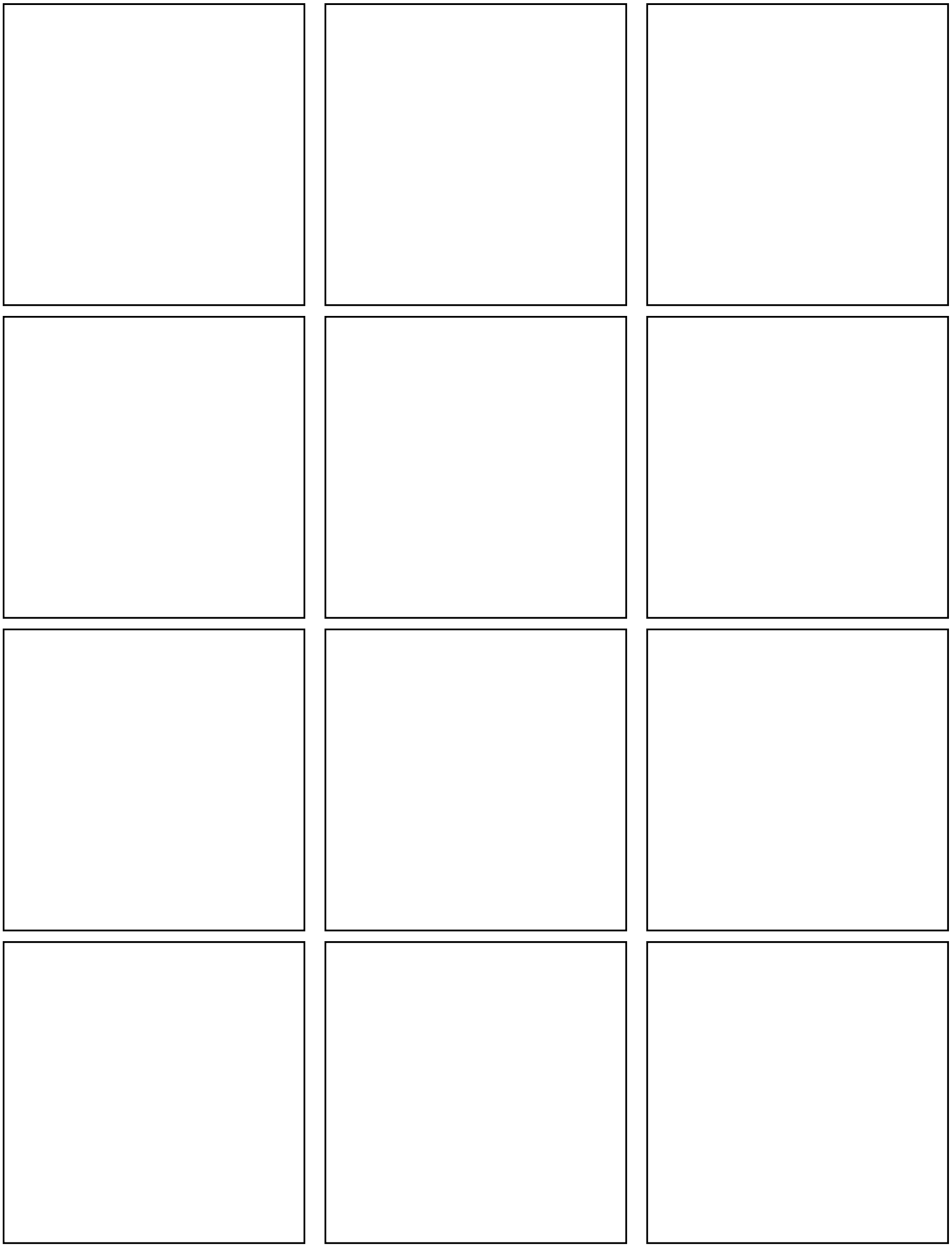


PEN CONTROL EXERCISE DAY: **DATE:**

PEN CONTROL EXERCISE DAY: **DATE:**



PEN CONTROL EXERCISE DAY: **DATE:**



PEN CONTROL EXERCISE DAY: **DATE:**