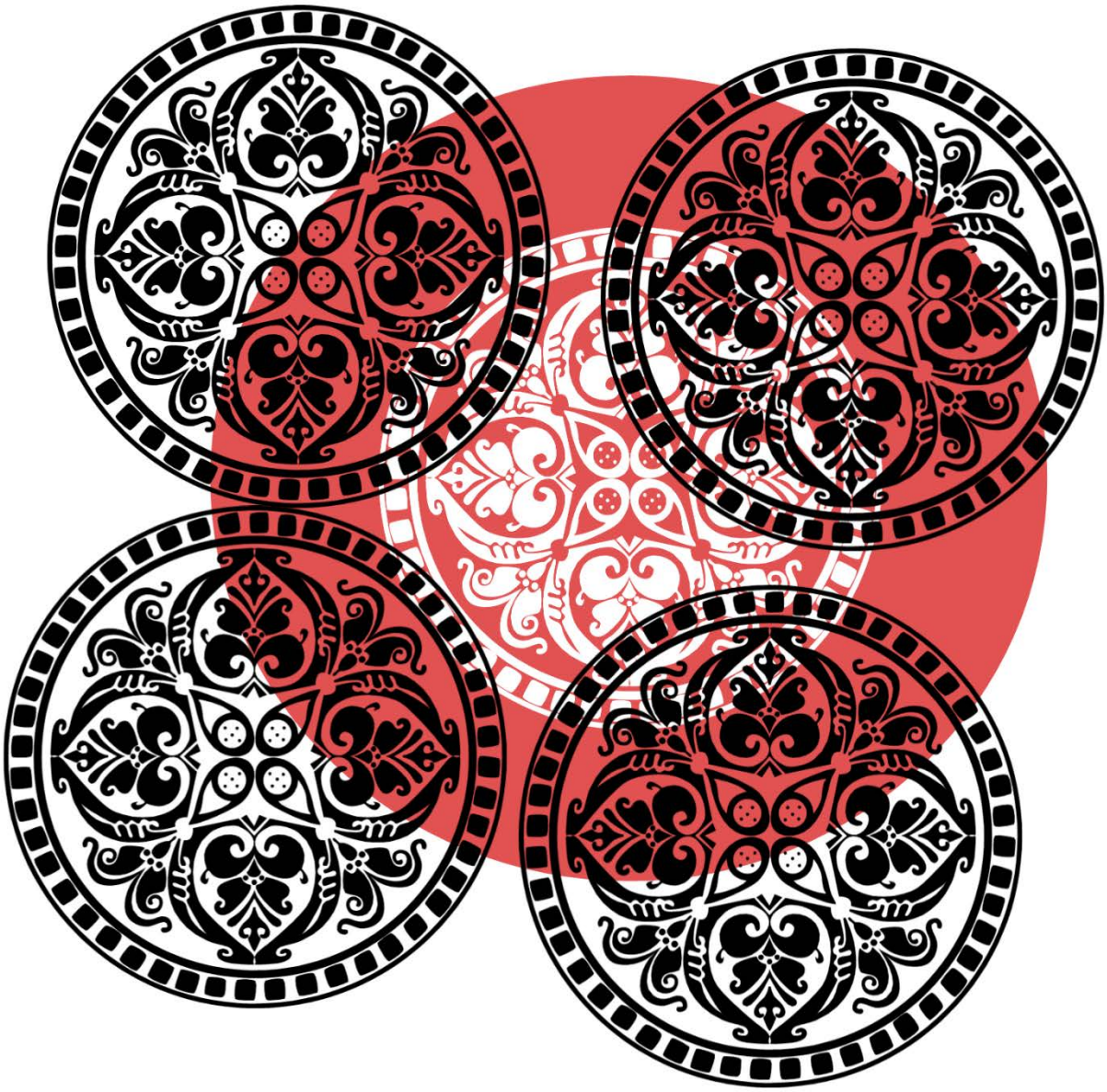
60 years longer life



“The friars prayer”

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Quick Start Guide

Before you begin

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Introduction

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Recommendations

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Rules

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- Get adequate sleep
- Finish important tasks
- Do not overeat
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Instructions

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Supplies

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Quitting

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Side Effects

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Introduction

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Validation verifies that the software has been activated and is properly licensed. It also verifies that no unauthorized changes have been made to the validation, licensing, or activation functions of the software. Validation may also check for certain malicious or unauthorized software related to such unauthorized changes. A validation check confirming that you are properly licensed permits you to continue to use the software, certain features of the software or to obtain additional benefits.

The following features use Internet protocols, which send to the appropriate systems computer information, such as your Internet protocol address, the type of operating system, browser and name and version of the software you are using, and the language code of the computer where you installed the software. Microsoft uses this information to make the Internet-based services available to you.

This feature determines whether a system is connected to a network by either passive monitoring of network traffic or active DNS or HTTP queries. The query only transfers standard TCP/IP or DNS information for routing purposes. You can switch off the active query feature through a registry setting. This service synchronizes with time.windows.com once a week to provide your computer with the correct time. You can turn this feature off or choose your preferred time source within the Date and Time Control Panel applet. The connection uses the standard NTP protocol.

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Lifestyle

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Supplies

Media Center is not designed for use in every country. For example, although the Media Center information may refer to certain features such as an electronic programming guide or provide

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information on how to configure a TV tuner, these features may not work in your area. Please refer to the Media Center information for a list of features that may not work in your area.

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Preparation

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If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

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Procedure

Instead of using the software directly on the licensed computer, you may install and use the software within only one virtual (or otherwise emulated) hardware system on the licensed computer. When used in a virtualized environment, content protected by digital rights management technology, BitLocker or any full volume disk drive encryption technology may not be as secure as protected content not in a virtualized environment. You should comply with all domestic and international laws that apply to such protected content.

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The software may include more than one version, such as 32-bit and 64-bit. You may use only one version at one time. If the manufacturer or installer provides you with a one-time selection between language versions, you may use only the one language version you select. You may use the software on up to two processors on the licensed computer at one time. Unless otherwise provided in these license terms, you may not use the software on any other computer.

If turned on, Windows Defender will search your computer for “spyware,” “adware” and other potentially unwanted software. If it finds potentially unwanted software, the software will ask you if you want to ignore, disable (quarantine) or remove it. Any potentially unwanted software rated “high” or “severe,” will automatically be removed after scanning unless you change the default setting. Removing or disabling potentially unwanted software may result.

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Instructions

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Food

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Rules

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Recommendations

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Hydration

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Sleep

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Exercise

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Cleanliness

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If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to

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the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

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Social Factors

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Progress

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Slipups

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Side Effects

You may connect new hardware to your computer, either directly or over a network. Your computer may not have the drivers needed to communicate with that hardware. If so, the update feature of the software can obtain the correct driver from Microsoft and install it on your computer. An administrator can disable this update feature.

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Official revision number: 1

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Foods Allowed List (REDACTED)	

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Food Menu
Week 1

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED
∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit

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Food Menu
Week 2

Sunday	Monday	Tuesday	Wednesda	Thursday	Friday	Saturday
REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED
∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit

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