Overview Weights

Relaxing:	Relaxation, resfull	-1 point per ½ hour
Light:	Easy, minor, simple	1 point per ½ hour
Medium:	Average, moderate	2 points per ½ hour
Strenuous:	Heavy, demanding	3 points per ½ hour

Relaxing	Time	Pts.	Light	Time	Pts.	Medium	Time	Pts.	Strenuous	Time	Pts.

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Relaxing	Time	Pts.	Light	Time	Pts.	Medium	Time	Pts.	Strenuous	Time	Pts.

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