



1600

1400

1200

1000

800

600

400

200

0

POUNDS

0 10 20 30 40 50 60 70 80 90 100 120

HOURS

Vertical text on the left side of the page, possibly a page number or header.

Horizontal text block in the lower-left quadrant.

Horizontal text block in the center of the page.

Horizontal text block in the lower-middle section.

Horizontal text block at the bottom of the page.

Vertical text on the right side of the page, possibly a page number or header.