

To: Dean Hao Zheng  
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This thesis, written by Ryan Sierady 谢汪霖, and entitled Fitness and Health System for Daily Life, having been approved in respect to style and intellectual content, is referred to you for judgment.

We have read this thesis and recommend that it be approved.

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Date of Defense: June 6, 2023

The thesis of Ryan Sierady is approved.

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