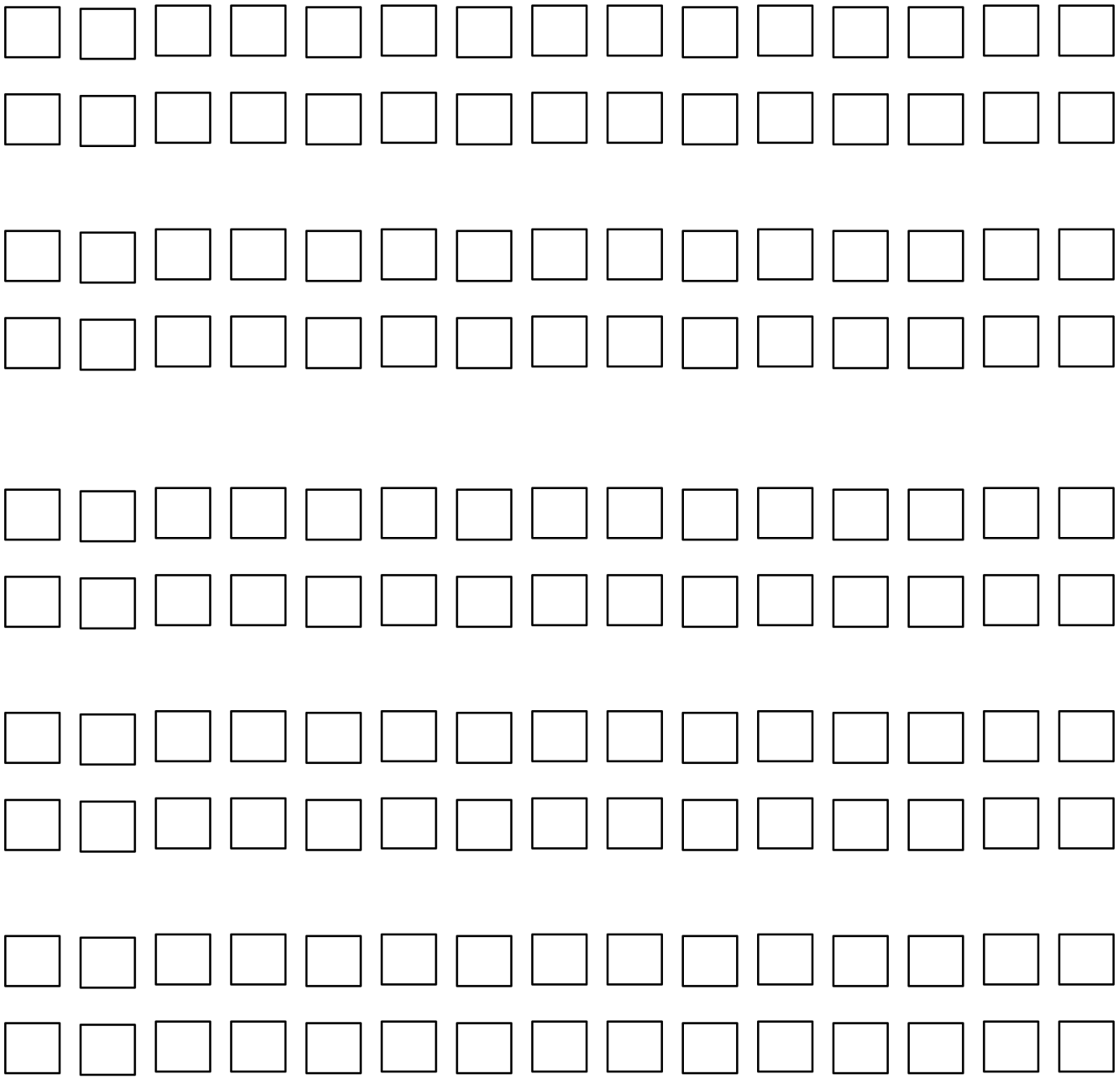30 Day Goals