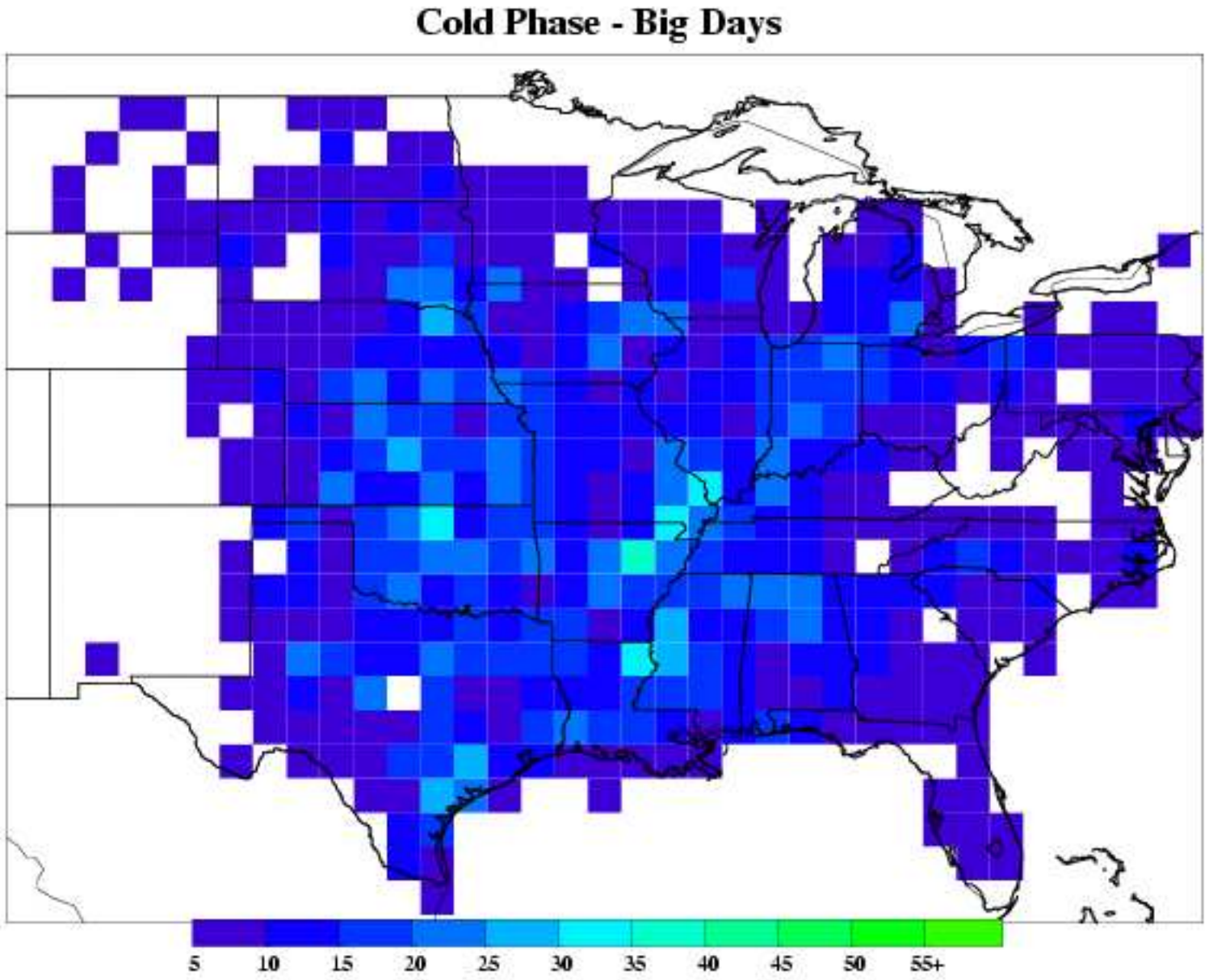
Cold Phase - Big Days
5
10
15
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25
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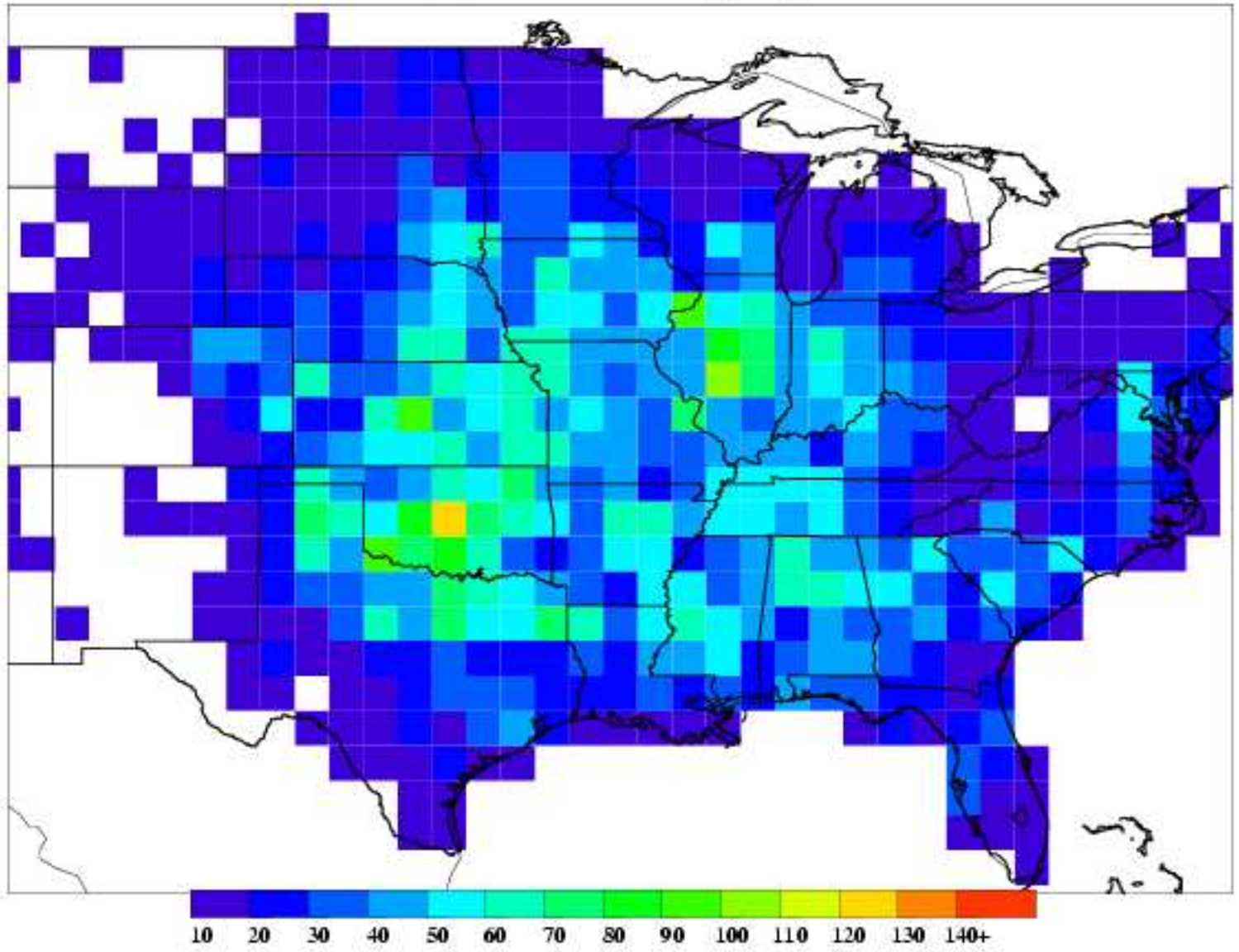
55+

Neutral Phase - Big Days