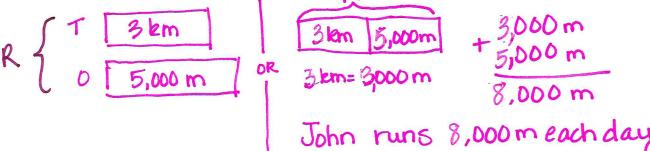
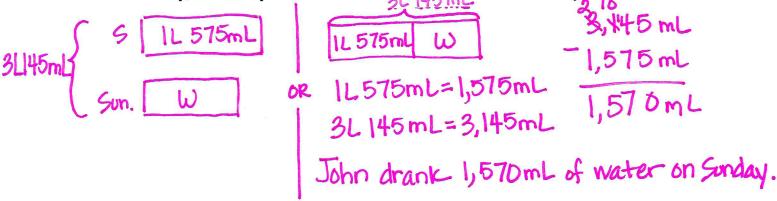
A. Each day, John runs on the treadmill for 3 kilometers and runs on the outdoor track for 5,000 meters. In all, how many meters does John run each day?



B. Since John has started training, he has also been drinking more water. On Saturday, he drank 1 liters 575 milliliters of water. On Sunday, he drank some more. If John drank a total of 3 liters 145 millileters of water on Saturday and Sunday, how many milliliters of water did 145 m drink on Sunday?



C. Since he began exercising so much for his half marathon, John has been losing weight. In his first week of training, he lost 1 kilograms 320 grams. In the following two weeks of training, he lost 1 kilogram 645 grams each week. John now weighs 59 kilograms 470 grams. What was John's weight, in grams, before he started training? Explain your thinking.

