


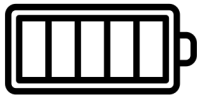




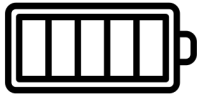


DATE: __/__/__

TASK:

| ORDER | MICRO STEPS FOR TASK | TIME | ENERGY |
|-------|----------------------|-------------------|--|
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |
| _____ | | 15 30 45 1H | VERY LOW  VERY HIGH |