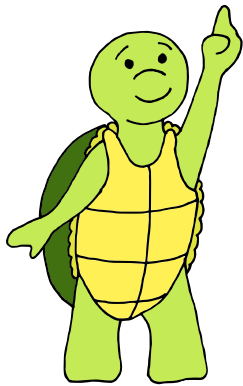
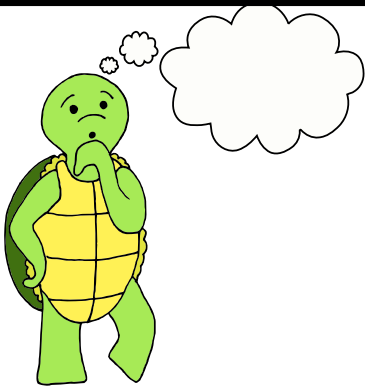


Goal Plan Do Check



What is the goal?



How will I do my goal?



What is a back up plan?



Check it out ... Did I do my plan? Do I need to change my plan?