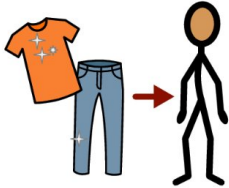
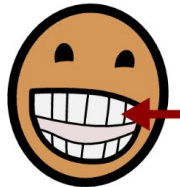


First, wake up and get out of bed.



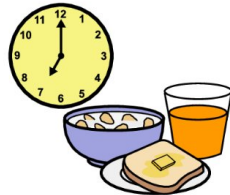
Then, get dressed in clean clothes.



Then, brush your teeth.



Next, take your vitamins or medicine.



Then, eat breakfast.



Next, pack your bag with what you need.