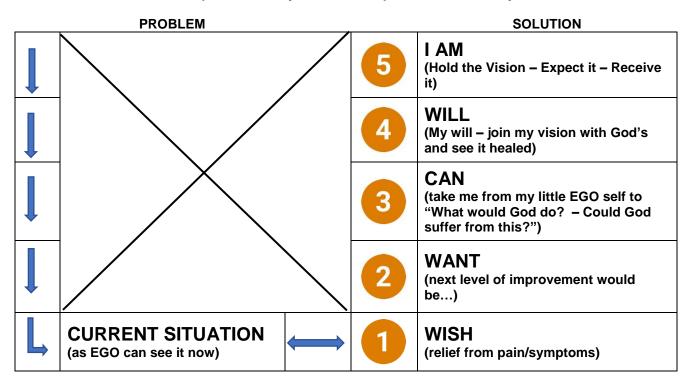
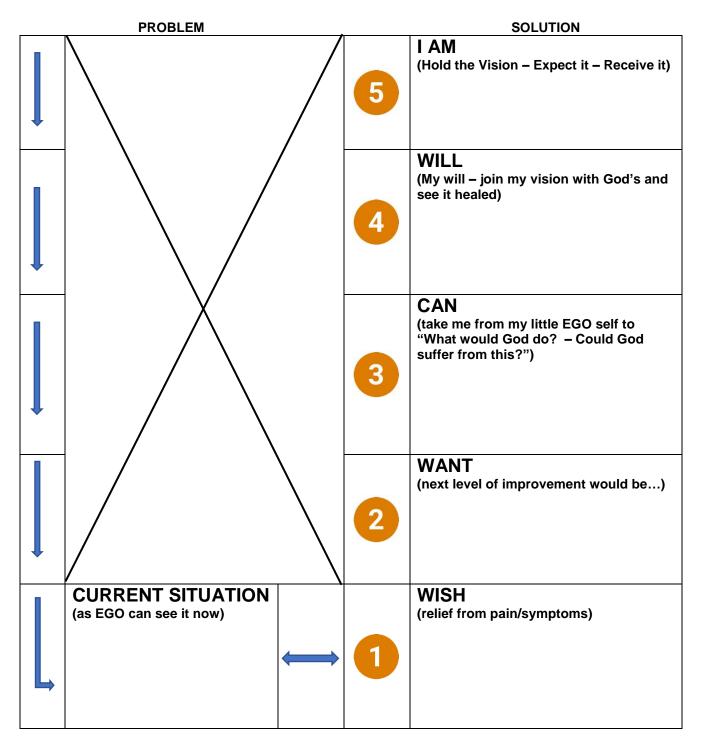


## **Day Five Your Contrast List**

The contrast list below is a sample. On the following page you'll find a contrast list that provides you with space to fill in your information.







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