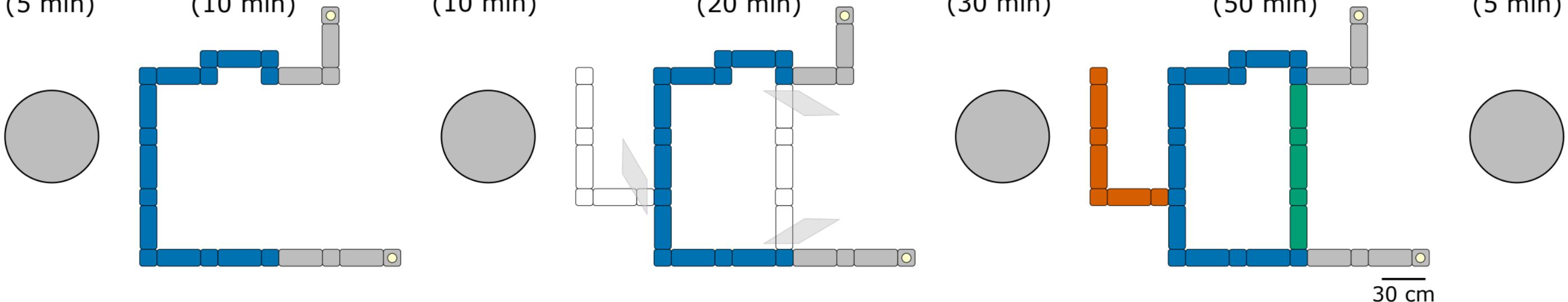
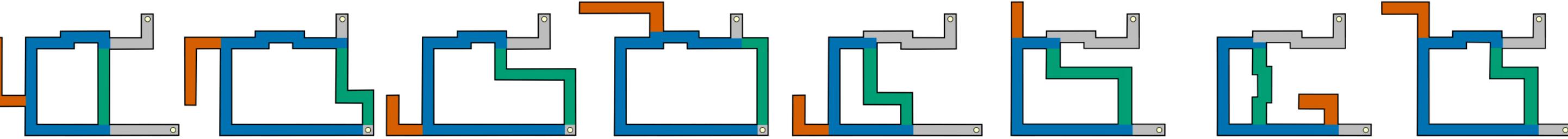


**A** Pre-task  
(5 min) Phase 1  
(10 min) Pause A  
(10 min) Phase 2  
(20 min) Pause B  
(30 min) Phase 3  
(50 min) Post-task  
(5 min)



**B**



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8