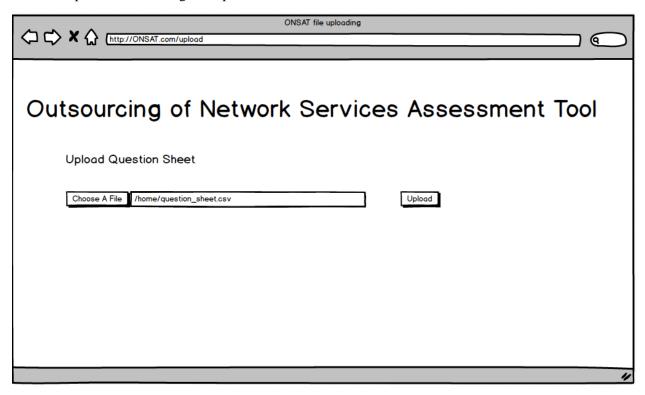User can upload a sheet using the Upload button.

After using file explorer to choose the file, the following question list will appear