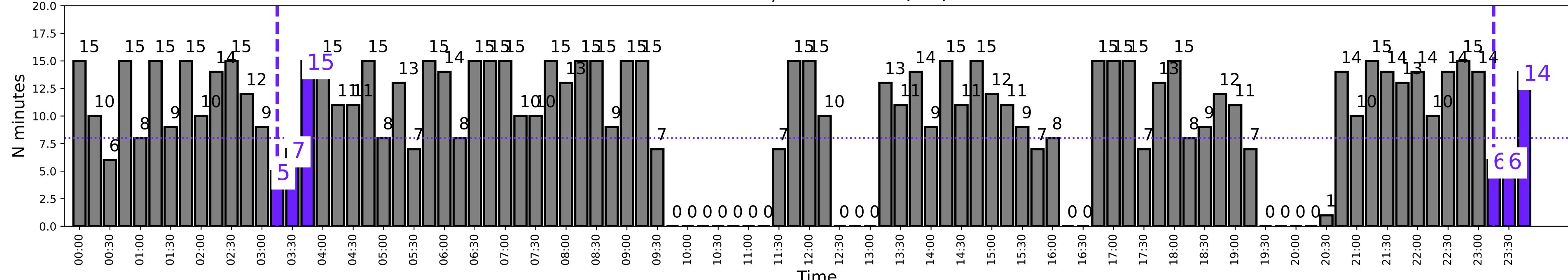
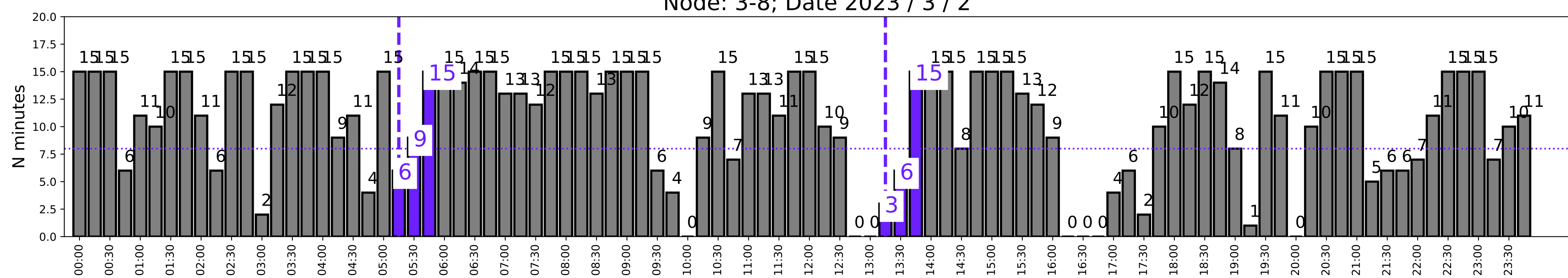


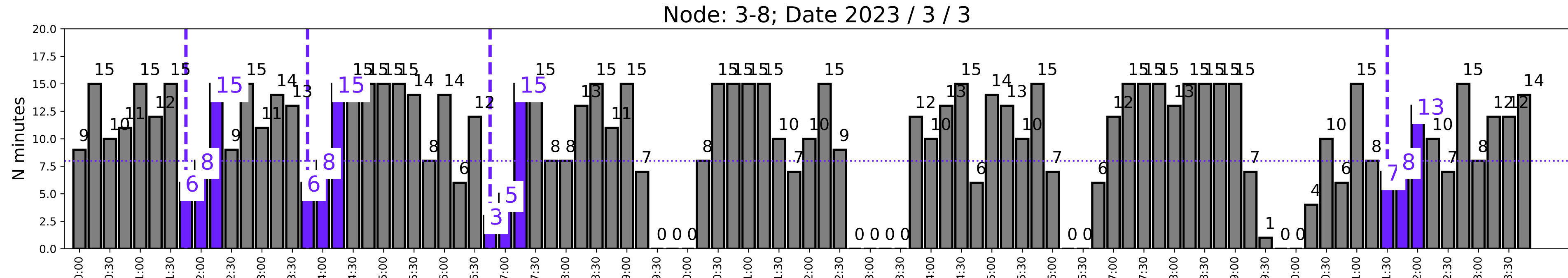
Node: 3-8; Date 2023 /



Node: 3-8; Date 2023 /

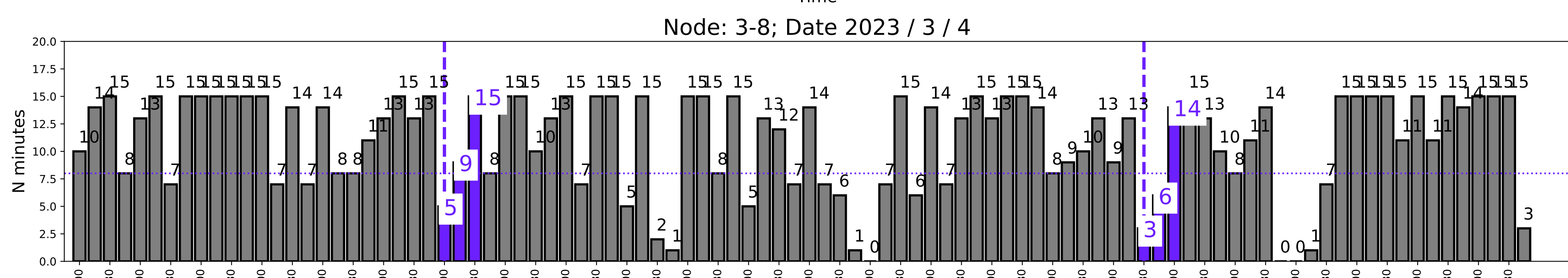


Node: 3-8; Date 2023 /

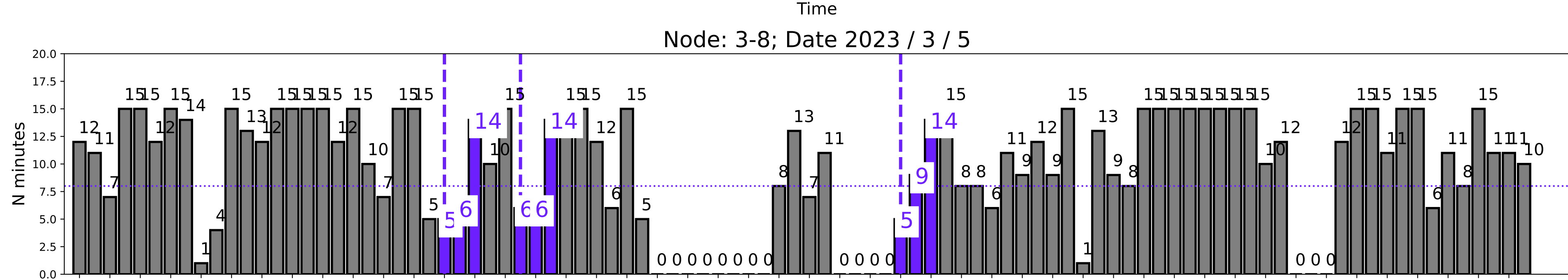


Time

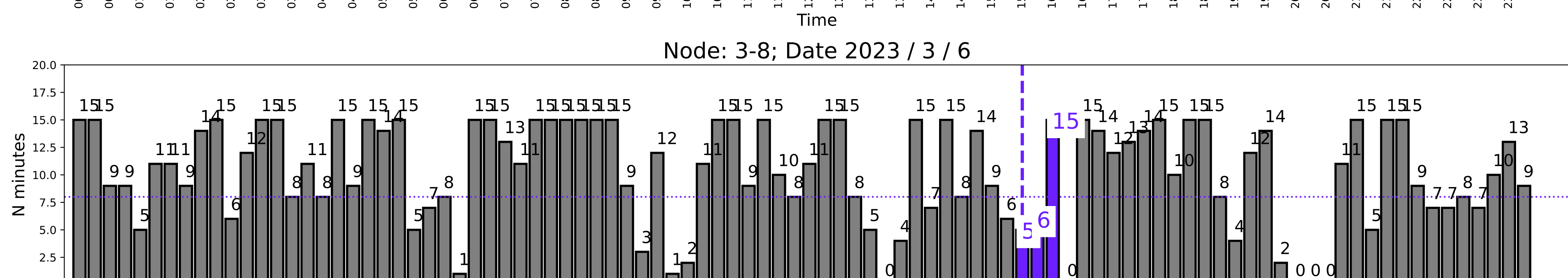
Node: 3.8; Date: 2023 /



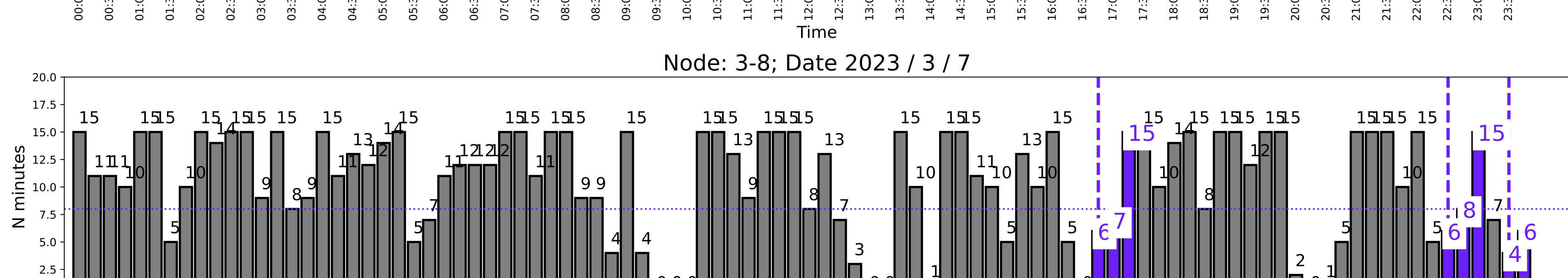
Time



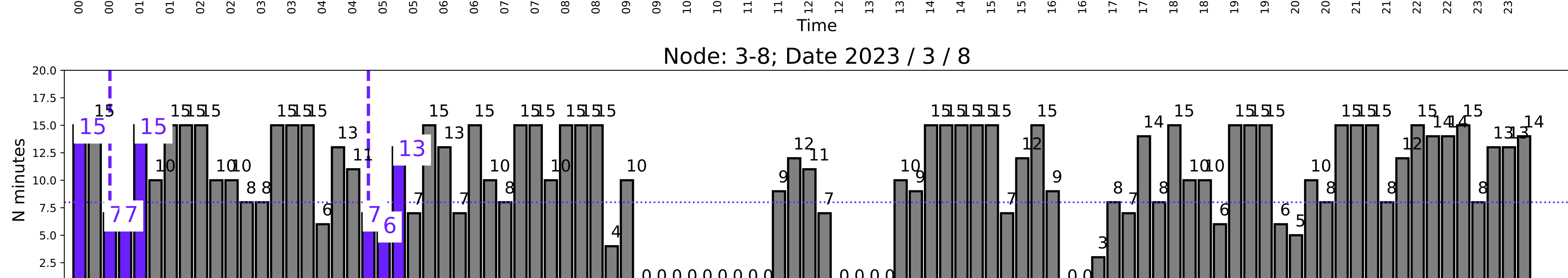
Time



09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30
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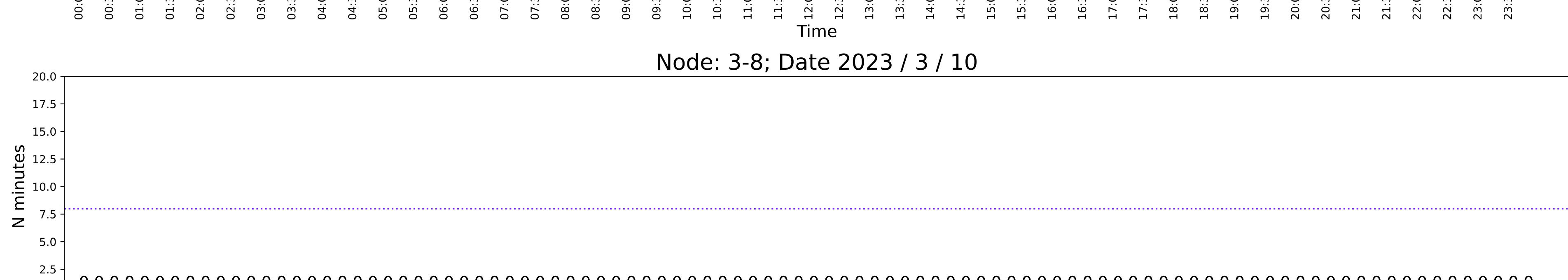
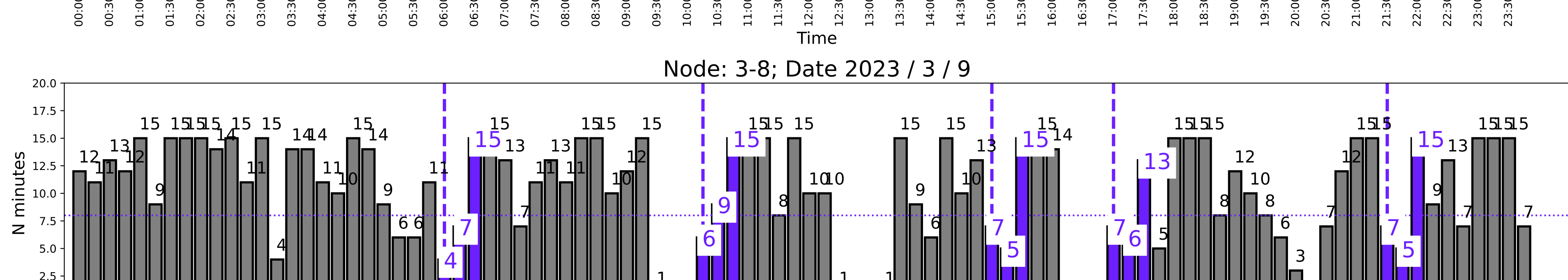


Time Point	18-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
09:30	100	90	80	70	60	50	40	30
10:00	90	80	70	60	50	40	30	20
10:30	80	70	60	50	40	30	20	10
11:00	70	60	50	40	30	20	10	0
11:30	60	50	40	30	20	10	0	0
12:00	50	40	30	20	10	0	0	0
12:30	40	30	20	10	0	0	0	0
13:00	30	20	10	0	0	0	0	0
13:30	20	10	0	0	0	0	0	0

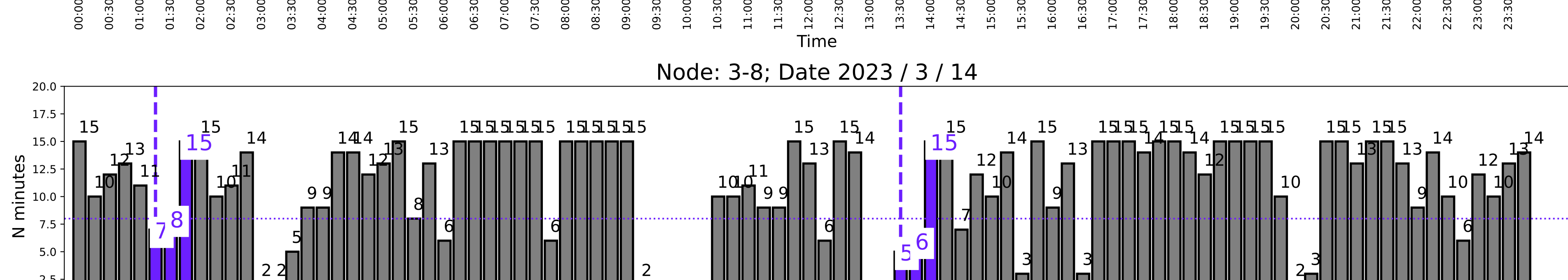
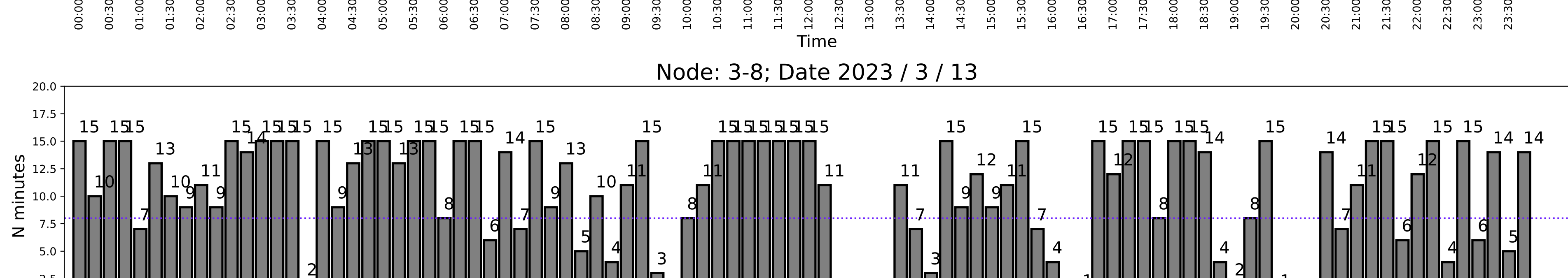
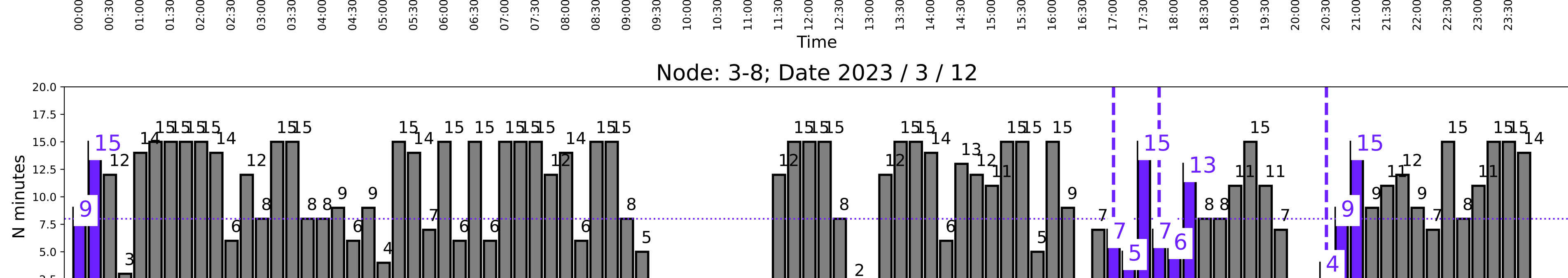
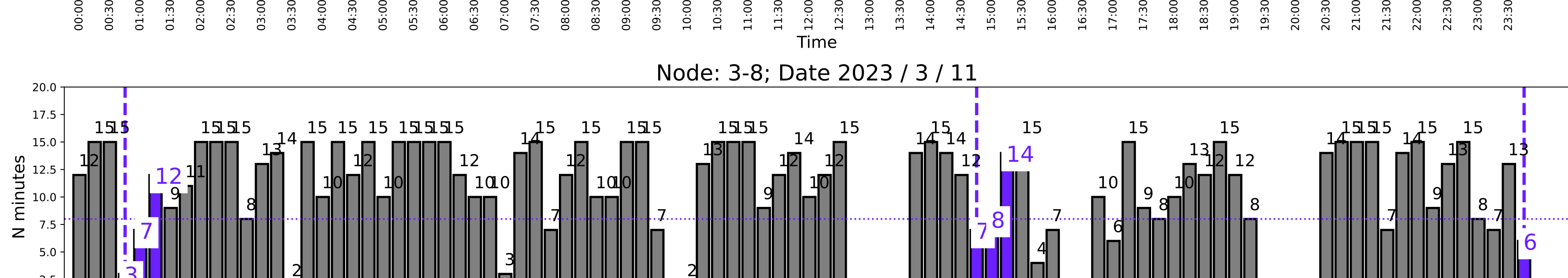


A horizontal timeline bar representing the day from 09:30 to 13:30. The timeline is divided into 30-minute intervals. The events are marked as follows:

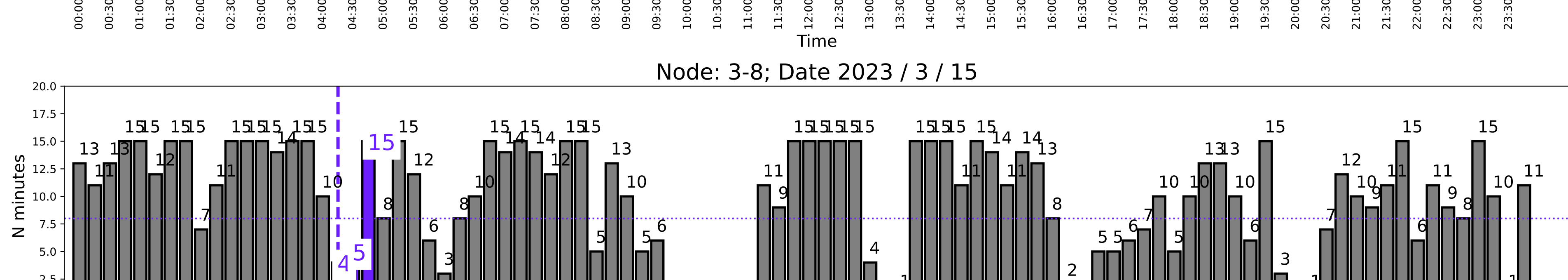
- 09:30: Start of the day (indicated by a vertical line).
- 10:00: End of the first lesson (indicated by a vertical line).
- 10:30: End of the second lesson (indicated by a vertical line).
- 11:00: End of the third lesson (indicated by a vertical line).
- 11:30: End of the fourth lesson (indicated by a vertical line).
- 12:00: End of the fifth lesson (indicated by a vertical line).
- 12:30: End of the sixth lesson (indicated by a vertical line).
- 13:00: End of the seventh lesson (indicated by a vertical line).
- 13:30: End of the eighth lesson (indicated by a vertical line).



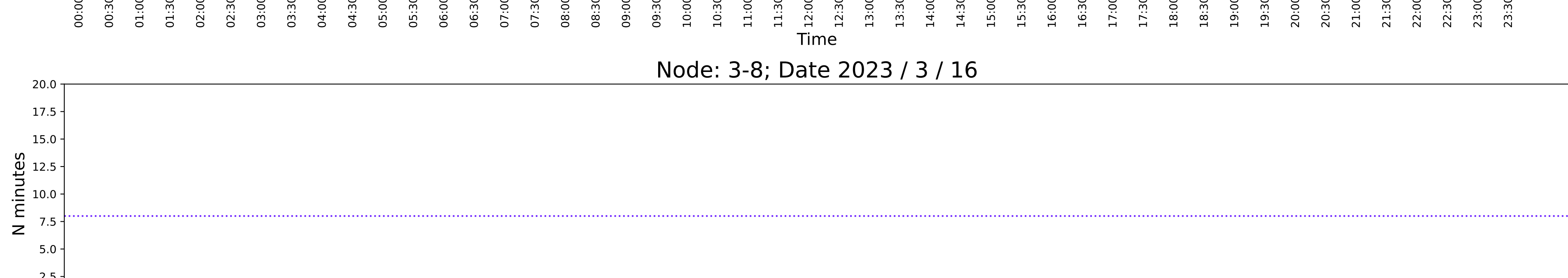
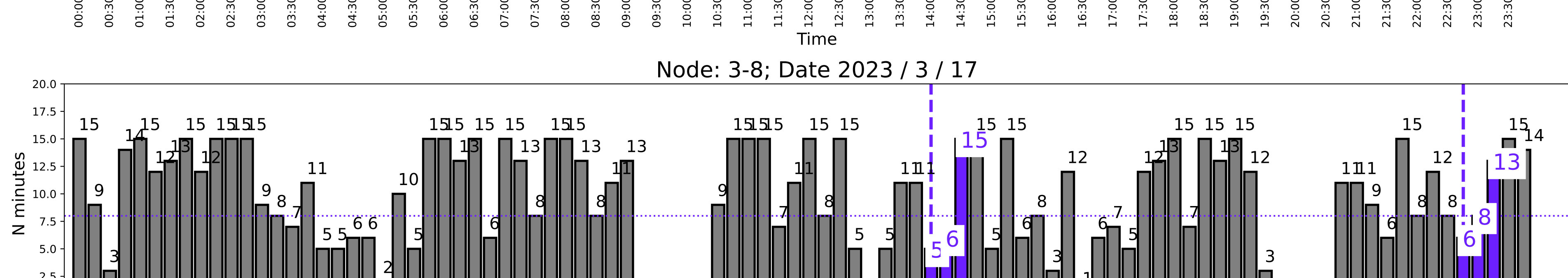
A horizontal timeline with tick marks every 30 seconds. The labels are 0:00, 0:30, 1:00, 1:30, 2:00, 2:30, 3:00, and 3:30.



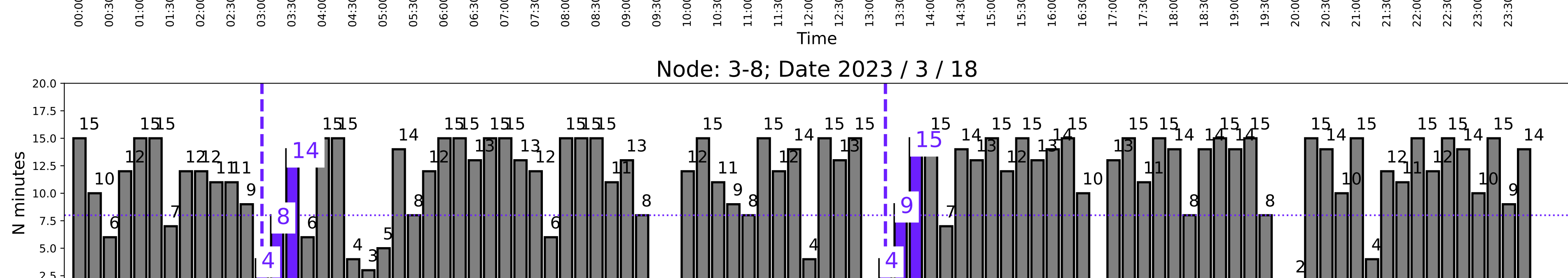
Age Group	Number of People
0-30	25
30-40	20
40-50	15
50-60	10
60-70	5
70-80	2
80-90	1
90-100	0



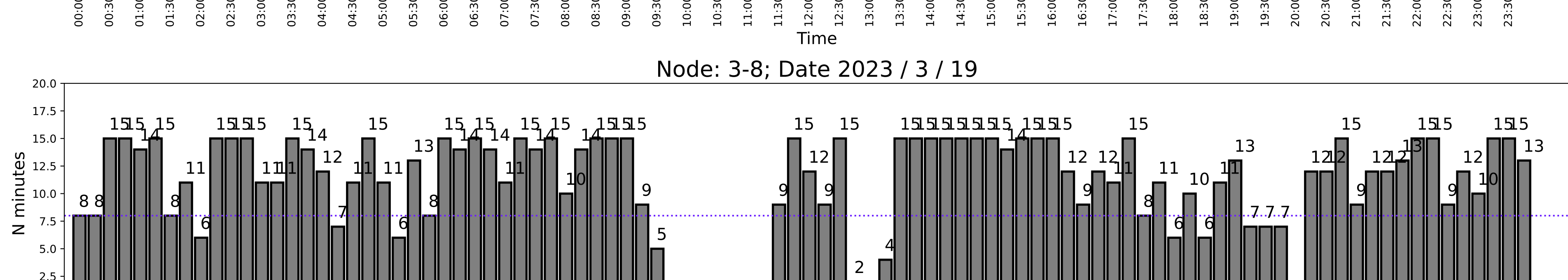
Age Group	Number of People
0-30	100
30-40	90
40-50	80
50-60	70
60-70	60
70-80	50
80-90	40
90-100	30

[illegible]

Age Group	Number of People
13-17	950
18-24	850
25-34	750
35-44	650
45-54	550
55-64	450
65-74	350
75-84	250
85-94	150
95+	100



Age Group	Number of People
0:00-0:30	10
0:30-1:00	20
1:00-1:30	95
1:30-2:00	80
2:00-2:30	60
2:30-3:00	40
3:00-3:30	20



The timeline illustrates the sequence of events in the study. It begins with a baseline assessment (T0) at 0:00. This is followed by a 30-minute intervention period (T1) ending at 0:30. After a 30-minute rest period, a second 30-minute intervention period (T2) occurs, ending at 1:00. A final 30-minute rest period leads to the follow-up assessment (T3) at 1:30. The timeline is represented by a horizontal bar with segments for each phase: baseline (white), intervention (black), rest (white), intervention (black), and follow-up (white).

