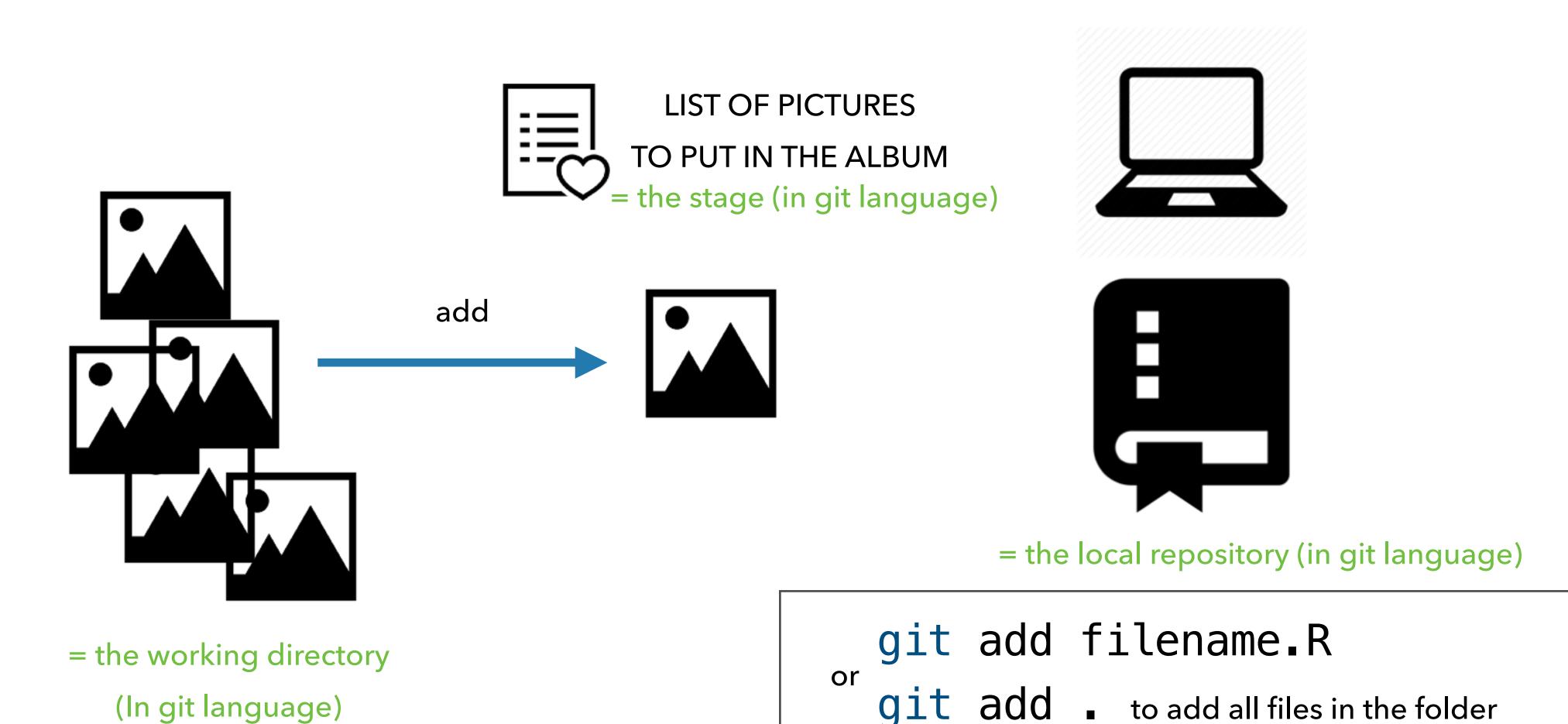


## Select the files that will be included during = git add the next update of the tracking system

- = stage the file on the list of files to be included in the next commit
- ~ select the pictures to add to the album

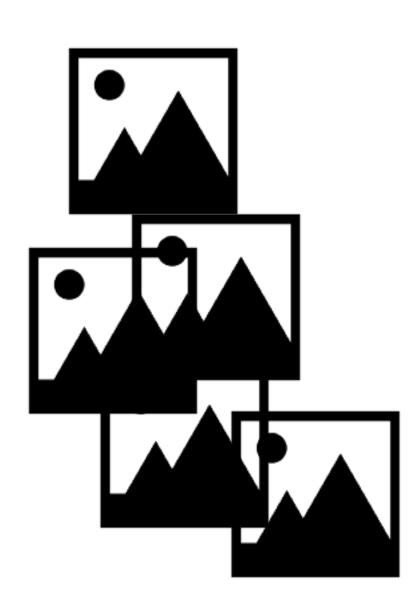


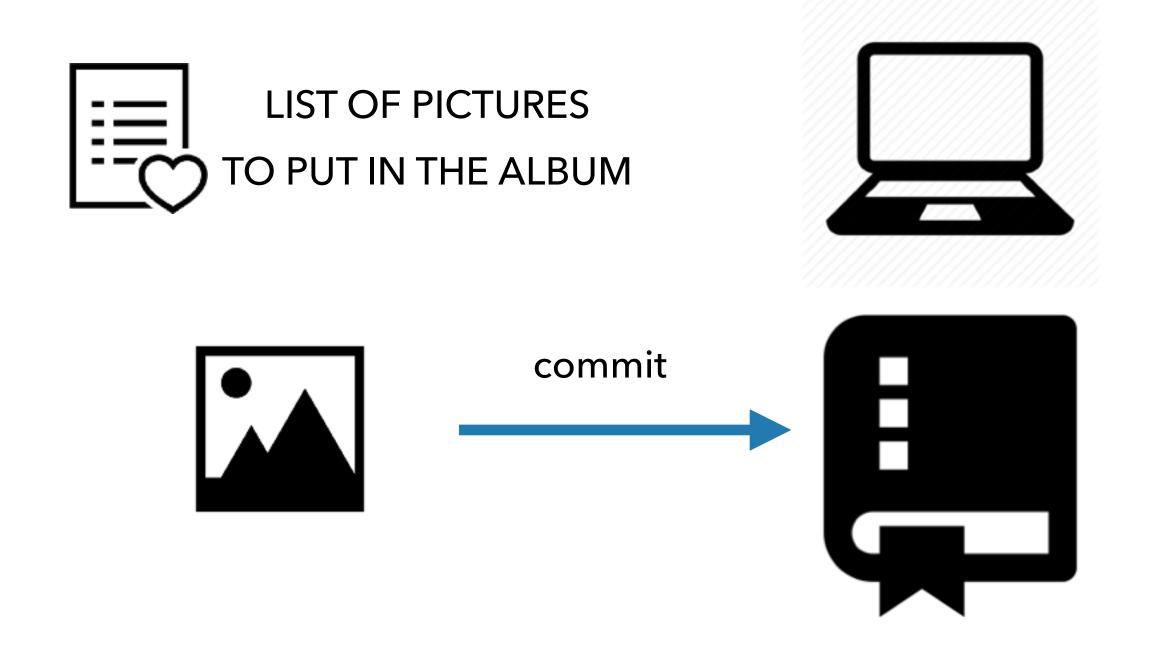


## Update the tracking repository with the files = commit selected and with a descriptive message

= incorporate the file inside the local repository

~ glue the pictures to the album and write a date and description





git commit -m "here I explain what changed"