

## Practices

The diagram shows a large rectangle with a dashed border. It is divided into three horizontal sections by two dashed lines. The top section is a gray-shaded rectangle. The middle section is a larger white rectangle. The bottom section is a gray-shaded rectangle, similar in height to the top one. This layout is typical for a document template where the top and bottom sections are for headers and footers, and the middle section is for the main content.

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