```cpp
#include <mathstronauts_arduino_library.h>
int motor = 13;

void setup() {
  // put your setup code here, to run once:
  pinMode(motor, OUTPUT);
}

void loop() {
  // put your main code here, to run repeatedly:
  //1. Turn on motor
  digitalWrite(motor, HIGH);
  //2. Wait for x amount of seconds
  delay(3000); //3 second delay
  //3. Turn off motor
  digitalWrite(motor, LOW);
  //4. Wait for x amount of seconds
  delay(3000); //3 second delay

}
```