

Manual for Javier to Better Take Care of Himself

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Introduction

According to his persona, Javier is a Virginia Tech transfer student from Richmond, VA. He is 20-years-old, and is in need of taking care of himself. Included in this manual are three steps that will help him achieve this.

How to Make a Tomato Omelette

Make a healthy omelette for breakfast.

- Two eggs
- Half cup of diced tomatoes
- Olive oil (Canola would also work)
- Frying pan
- Bowl
- Whisk
- Spatula
- Stovetop
- Salt and pepper to season (optional)

Javier needs to take care of himself, and part of that is making his own meals.

1. Turn on stovetop and place frying pan on the burner
 2. Crack eggs against side of the bowl, making sure not to get any shell particles inside
 3. Whisk the eggs in the bowl
 4. Pour a small amount of oil into the pan
 5. Pour mixed eggs into the pan. You will hear the pan sizzle – this is a good thing.
 6. Add in diced tomatoes
- Optional: Add salt and pepper
7. Flip omelette over using spatula after two minutes
 8. Make sure eggs are cooked and enjoy!

It should look similar to this:



How to Change Brita Filter

Change the filter in a Brita pitcher.

- Brita pitcher
- Replacement Brita filter
- Faucet



Javier needs to take care himself, and part of that involves making sure he has fresh, purified water.

1. Take out old, used filter from Brita pitcher and throw away
2. Remove replacement filter from package

3. Rinse filter under running water for 15 seconds to release the essential components inside that will eventually filter water
4. Insert filter into grooves of pitcher
5. Toss out water from next three pitchers-full of water



DANGER: These first three pitchers will contain carbon and other particles from packaging, so do not drink this water.

How to Find a Decent Vacuum to Purchase Online

Find a decent vacuum online to purchase for residential area.

- Computer
- Credit card (or related, accepted online payment)

Javier wants to take care of himself better than he already is, so buying a vacuum will help keep his residential area clean and homework-friendly.

1. Go to Amazon's website



Their logo will look like this:

2. In the search bar, type in "vacuum"
Condense this into whatever details needed in the kind of vacuum desired
3. Click "Add to cart" in the upper right hand corner of the vacuum desired
4. Choose delivery method and supply delivery details
5. Enter payment information
6. Submit order!