

Event	Duration	Clock (sec)
Consent	—	Clock Started ( $T=0$ )
Eyes Close	60s	$T=0$
Focus Instruct"	5s	60 1:00
Dot	30s	65 1:05
Deep Breaths	15s	95 1:35
Brk-1	10s	110 1:50
↳ Instruction (Tapping, Right)	10s	120 2:00 ✓
+	2s	[130 2:10
Brk	6s	[132 2:12
+	2s	[138 2:18
Brk	6s	[140 2:20
+	2s	[146 2:26
Brk	6s	[148 2:28
+	2s	[154 2:34
Brk	6s	[156 2:36
+	2s	[162 2:42
Brk	6s	[164 2:44
+	2s	[170 2:50
Brk	6s	[172 2:52
+	2s	[178 2:58
Brk	6s	[180 3:00
+	2s	[186 3:06
Brk	6s	[188 3:08

+

Brk

+

Brk

2s

6s

2s

6s

[194 3:14  
196 3:16

{202 3:22  
204 3:24

Brk (10sec)

10sec

210 3:30

↳ Instruction (Tapping, Left)

10sec

220 3:40 ✓

+

Brk

2s

6s

{230 3:50  
232 3:52

+

Brk

2s

6s

{238 2:58  
240 3:00

+

Brk

2s

6s

{246 4:06  
248 4:08

+

Brk

2s

6s

{254 4:14  
256 4:16

+

Brk

2s

6s

{262 4:22  
264 4:24

+

Brk

2s

6s

{270 4:30  
272 4:32

+

Brk

2s

6s

{278 4:38  
280 4:40

+

Brk

2s

6s

{286 4:46  
288 4:48

+

Brk

2s

6s

{~~290~~ 294 4:54  
296 4:56

+

Brk

2s

6s

{302 5:02  
304 5:04

Instruction

Dot (.)

Instruction (T & F, Right)

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

+

Brk

Break (10sec)

↳ Instruction (T & F, Left)

+

Brk

5s

30s

10s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

2s

6s

10sec

10sec

2s

6s

310

315

345

[ 355

357

[ 363

365

[ 371

373

[ 379

381

[ 387

389

[ 395

397

[ 403

405

[ 411

413

[ 419

421

[ 427

429

[ 435

445

[ 455

457

5:10

5:15

5:45 ✓

5:55

5:57

6:03

6:05

6:11

6:13

6:19

6:21

6:27

6:29

6:35

6:37

6:43

6:45

6:51

6:53

6:59

7:01

7:07

7:09

7:15

7:25 ✓

7:35

7:37



+  
Brk

+  
Brk

+  
Brk

+  
Brk

+  
Brk

+  
Brk

+  
Brk

+  
Brk

+  
Brk

↳ Focus Instruction

Dot (·)

Instruction (Hand Move, Right)

+  
Brk

+  
Brk

+  
Brk

+  
Brk

2s  
6s

2s  
6s

2s  
6s

2s  
6s

2s  
6s

2s  
6s

2s  
6s

2s  
6s

2s  
6s

5s  
30s

10s

3s  
6s

3s  
6s

3s  
6s

3s  
6s

[463 7:43  
465 7:45

[471 7:51  
473 7:53

[479 7:59  
481 8:01

[487 8:07  
489 8:09

[495 8:15  
497 8:17

[503 8:23  
505 8:25

[511 8:31  
513

[519 8:39  
521

[527 8:47  
529

535 8:55 ✓

540 9:00

570 9:30 ✓

[580 9:40  
583 9:43

[589 9:49  
592 9:52

[598 9:58  
601 10:01

[607 10:07  
610 10:10

[illegible]

→ Break (10 sec)

→ Instruction (Hand Move, Left)

[illegible][illegible]

[ 616	10:16
[ 619	10:19
[ 625	10:25
[ 628	10:28
[ 634	10:34
[ 637	10:37
[ 643	10:43
[ 646	10:46
[ 652	10:52
[ 655	10:55
[ 661	11:01
[ 664	11:04
670	11:10
680	11:20
[ 690	11:30
[ 693	11:33
[ 699	11:39
[ 702	11:42
[ 708	11:48
[ 711	11:51
[ 717	11:57
[ 720	12:00
[ 726	12:06
[ 729	12:09
[ 735	12:15
[ 738	12:18
[ 744	12:24
[ 747	12:27
[ 753	12:33
[ 756	12:36

+  
Brk  
+  
Brk

Break

END

3s  
6s  
3s  
6s

10 sec

762 12:42  
765 12:45  
771 12:51  
774 12:54

780 13:00

790 sec 13:10 min

Whole Exp. : 13:10 min

Practical Time : 13:12 min

(2 sec error) ✓