

# Algorithms

## Brushing one's teeth

Take a toothbrush and put toothpaste onto the head (bristles) of the toothbrush. Put the toothbrush into the mouth and start brushing all teeth from all sides in a circular motion. In between, empty the used toothpaste from mouth and spit it out into the basin. Repeat this exercise for a maximum time duration of 2 minutes until all teeth are cleaned. After that, clean your toothbrush and rinse your mouth.

1. Take a toothbrush.
2. Rinse the toothbrush with water.
3. Then take toothpaste.
4. Open toothpaste tub.
5. Squeeze the end of the toothpaste tub holding it onto the head of the toothbrush head.
6. Close the toothpaste tub and put it back at its place.
7. Insert toothbrush into the mouth and start with top row of teeth.
8. Start brushing of teeth in the back of the mouth, cleaning the frontside of the teeth.
9. Brush every tooth in a circular motion.
10. Move in a circular movement from tooth to tooth.
11. When all the teeth's front are brushed, spit out toothpaste from mouth into basin.
12. Start brushing of the backside of the top row teeth in same circular motion.
13. When done, empty remaining toothpaste from mouth into basin.
14. Start brushing the top part (chewing part) of the teeth also in circular motion.
15. When done, empty remaining toothpaste from mouth into basin.
16. Repeat steps 8 to 15 for the bottom row of teeth as well.
17. When all teeth are brushed, clean toothbrush.
18. Flush mouth a few times until all remaining toothpaste is flushed out of mouth.
19. Time duration should be 2 minutes for all teeth.

### **Eating an orange**

Take an orange and peel the skin. When all skin is removed, take one piece of the orange and eat it. Repeat this until all the pieces are eaten.

1. Take an orange.
2. Peel skin.
3. Take 1 piece of the orange.
4. Eat orange piece.
5. Choose one of the remaining pieces.
6. Eat that orange piece.
7. Repeat 5 and 6 until all pieces are finished.
8. Dispose of the orange skin.

### **Everyday task – working out**

Put on comfortable sports or gym clothes. Stretch and warm up your body until you feel warm and the pulse slightly raised.

Take a short break of 10 seconds. Then start working out at a higher pace. Start jogging at a certain pace. After 5 minutes of running, start to run in a very fast pace for at least 30 seconds. At this time your pulse is relatively high. Use a pulse meter to measure the current pulse. After 30 seconds or maximum 1 minute, decrease speed to initial speed. Continue to run for another 5 minutes. Then increase speed again to a very fast pace. Repeat this for a total working out of 30 or 45 minutes.

1. Stretch and warm up body.
2. When body warmed up, take short break of 10 seconds.
3. Start working out / running at higher pace.
4. After running for 5 minutes, increase speed to a very fast pace.
5. Pulse should be higher than usual (use pulse meter to monitor).
6. After running at fast pace for 30 seconds or 1 minute, decrease to initial speed.
7. Continue running at initial speed for another 5 minutes.
8. Then increase speed again to very fast pace.
9. Repeat this for a total running time of 30 to 45 minutes.