200x: hand tooth brushing

300x: clapping

400x: electric tooth brushing

500x: electric razor

600x: vacuuming

700x: water flosser

800x: flapping

Procedure: Watch on right wrist

(Left hand)

set 30s --- active 30s --- set 60s --- active 30s --- set 60s ---active 30s --- set 30s

(Right hand)

set 30s --- active 30s --- set 60s --- active 30s --- set 60s ---active 30s --- set 30s