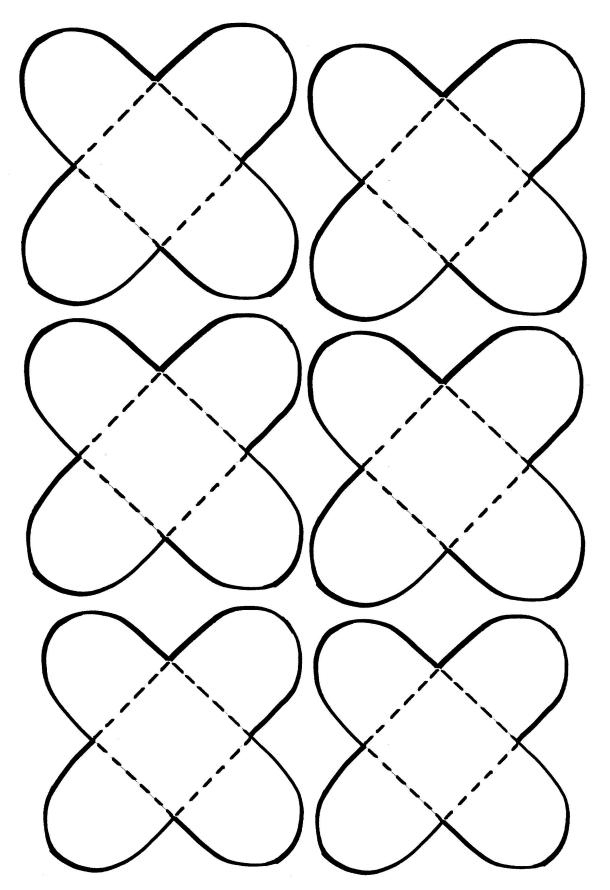INSTRUCTIONS CAN BE FOUND WITHIN THE LIST OF ACTIVITIES