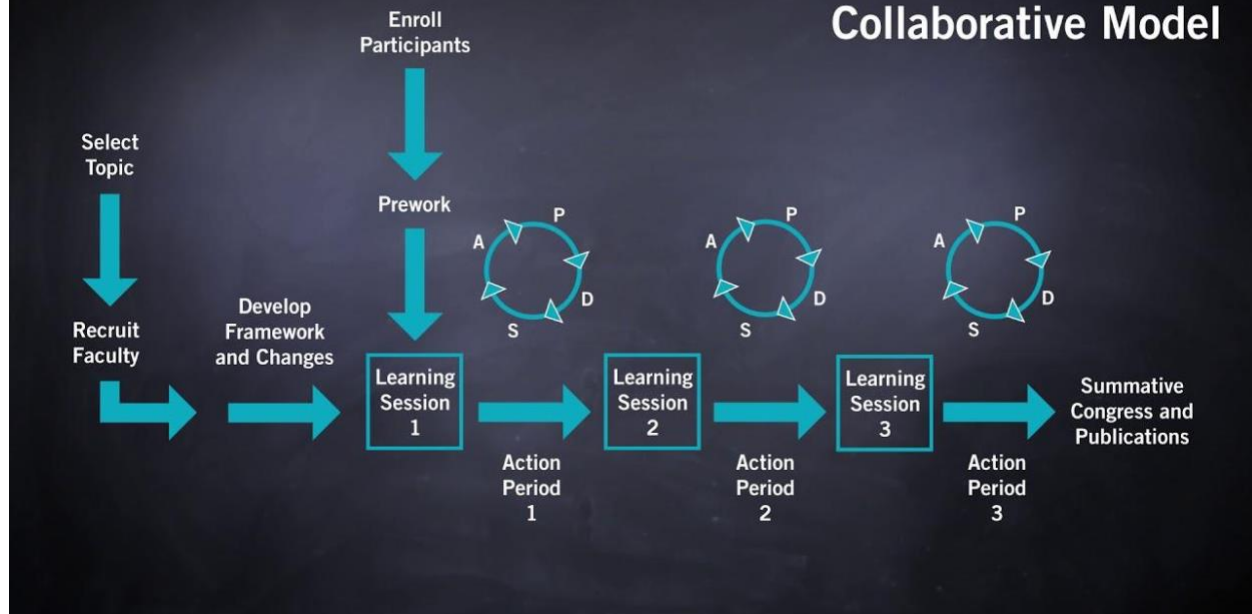P=plan, D = do, S = Study, A = Act