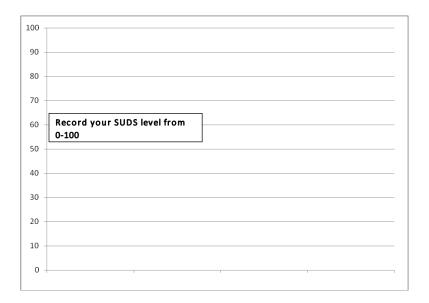
<b>B3:</b> Ex	posure record	s	hee	ì
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Hierarchy item:

Date completed:



Write in the time in minutes along the bottom. Try to record every 2 to 3 minutes at first, and then in 5–10 minute blocks after a while.