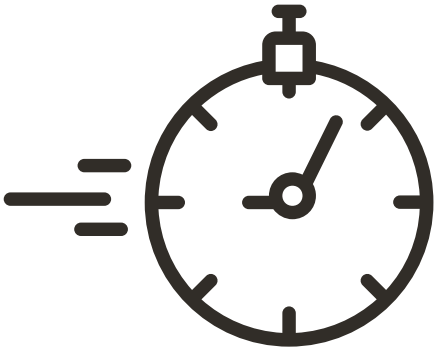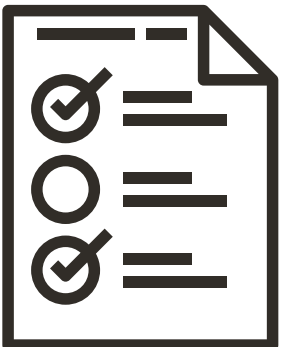# MY FITT FORMULA

= Frequency

= Intensity

= Time

= Type