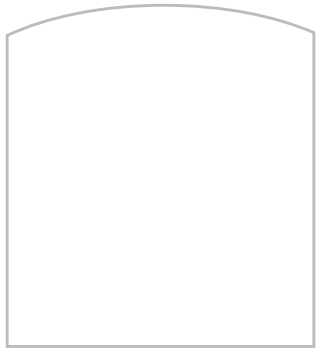
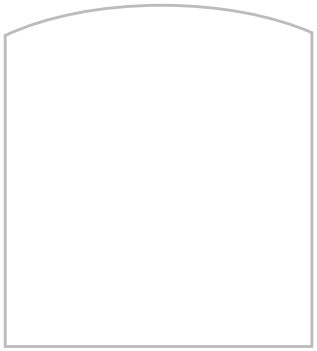
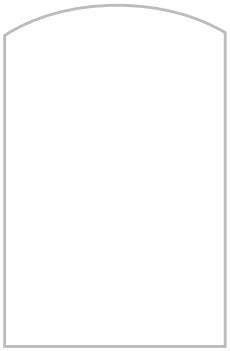
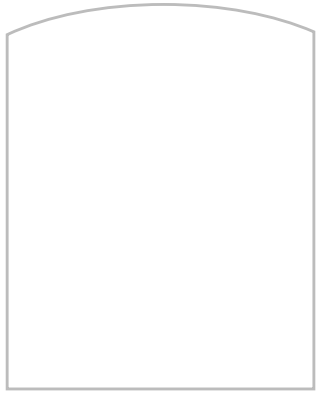
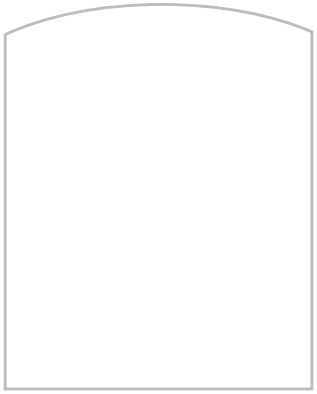
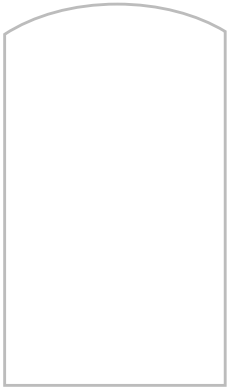







YOUR NAME

Please work within the red dotted lines.

TODAY'S DATE

If you wish, please write your contact details on the back of this sheet.