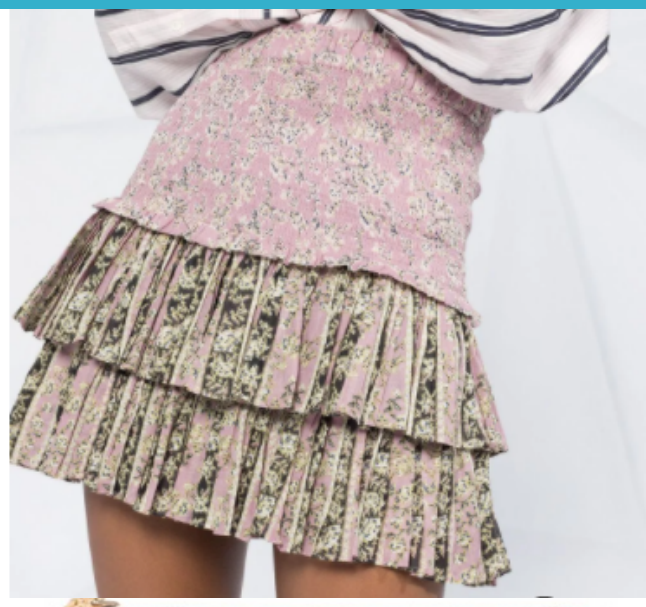AMY'S EXCLUSIVE CHECKLIST