

MOVEMENT SCORE

READ THE FOLLOWING INSTRUCTIONS BEFOREHAND SO YOU DON'T NEED TO LOOK AT IT DURING THE PROCESS. SET A TIMER FOR 15MIN, WHEN YOU HEAR THE ALARM, THIS IS GOING TO BE A SIGN TO FIND THE END FOR WHAT YOU ARE DOING.

Score is:

WAIT FOR IT TO START.
FIND OUT WHAT IT IS.
WAIT FOR IT TO END.

AFTER YOU FINISH, START WRITING FOR 5 MINUTES TO REFLECT ON HOW YOU PERCEIVE THE TIME PASSING.