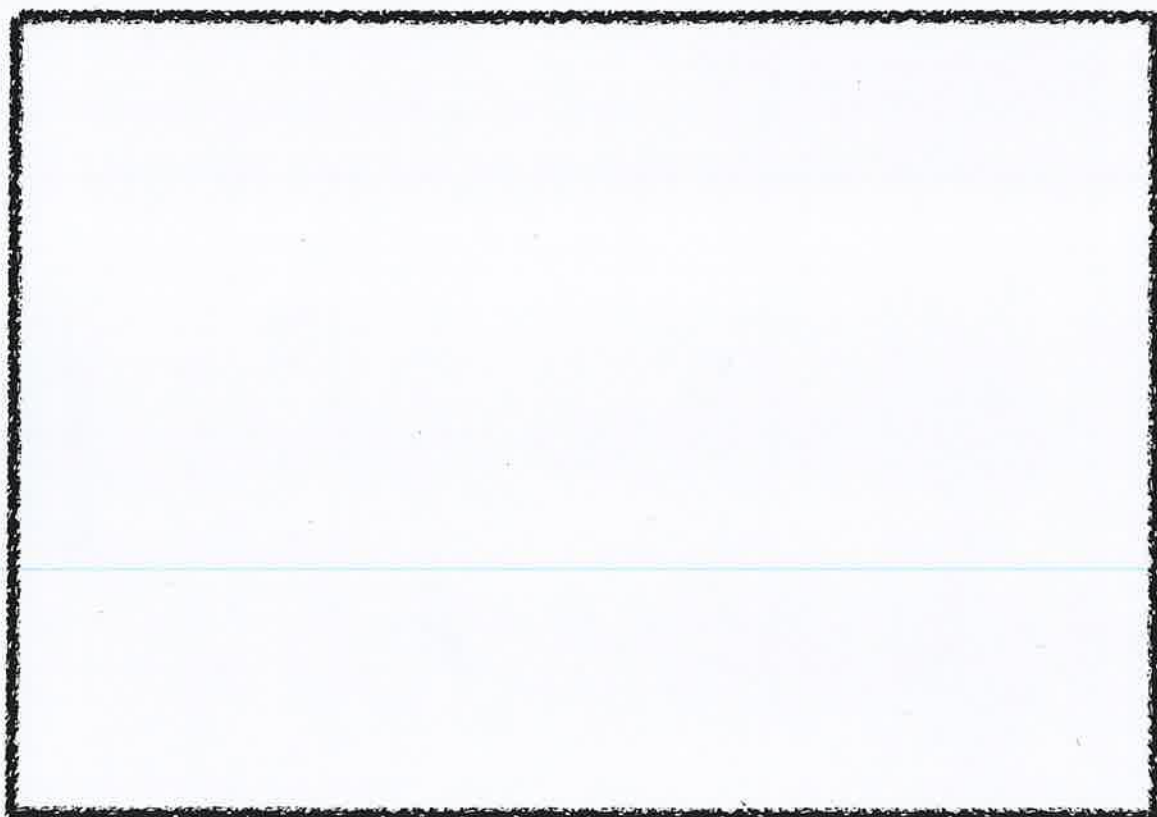


The BFF

By Keira Miao

The BFF



Written and Illustrated by Keita



On the first day of school. I didn't had friend.

But I wanted had friend. But my KG

friend didn't wanted to play with me.

The I didn't had some one to play with.

Then I feel happy because she had a
good friend. But I feel sad because I didn't
~~had friend~~

had friend. But now I can play with who?

I thought "I needed had a friend to!"

I PE class, I want sit with youing

so I put my hand onto ground.



1. The first part of the document discusses the importance of maintaining accurate records of all transactions. This includes not only the amount of the transaction but also the date, the parties involved, and the purpose of the transaction. Proper record-keeping is essential for ensuring the integrity of the financial system and for providing a clear audit trail.

2. The second part of the document outlines the procedures for handling disputes and conflicts. It emphasizes the need for open communication and the willingness to resolve issues through negotiation or mediation. In cases where a dispute cannot be resolved through these means, the document provides guidance on how to proceed with formal legal action, ensuring that all parties are treated fairly and that the process is transparent.

3. The final part of the document discusses the importance of regular communication and reporting. It stresses that all parties involved in the process should be kept informed of the progress of the work and any changes that may arise. Regular reporting helps to build trust and ensures that everyone is working towards the same goals.

Yujing came then she said "Kira I want
sit with color." Then she went away.

A boy came and he said "sank you."

Then he sat behind me. I ask "Can we
be friend?" He said "ok." I ask what is
your name?" He said "Roy." Then we be
friend. He has short hair, and big
yes, his hair is black. Then the bell ring
the PE class was finished, now is recess
time!

In the recess time I didn't had
some one to play with. Then I waited
3 minute. I see a pritty girl stand
there, she has long hair, and tow butflae big eys.
I walked to her and I ask "Can we be friend?"
She said "Ok." I
she said "Ok." I ask what is your
name." She said " my nam is Kathy."
I said " my name is Keira."
Then we play together, native now.
Then we be the BFFR x 1000!

About the Author

My name is Keira. I has some friend
there name is Rhea, Xinran, Magge, And
Hannah. And my BFF Kathy! I has one sister,
and one little brother. I like rabbit.

I like my all friend.

Abstract

The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological characteristics of young athletes. The study was conducted in a laboratory setting and involved 20 participants who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program, while the control group remained sedentary.

The physical characteristics measured included maximum oxygen consumption ($\dot{V}O_{2\max}$), heart rate (HR), and body mass index (BMI). The psychological characteristics measured included anxiety, depression, and self-esteem. The data were analyzed using a two-way ANOVA test.

The results showed that the experimental group had significantly higher $\dot{V}O_{2\max}$ and HR values compared to the control group after 12 weeks of training. There was no significant difference in BMI between the two groups. The experimental group also showed significantly lower levels of anxiety and depression, and significantly higher levels of self-esteem compared to the control group.

The findings of this study suggest that a 12-week training program can have a positive effect on the physical and psychological characteristics of young athletes. The training program should be designed to improve cardiovascular fitness and mental health. Further research is needed to investigate the long-term effects of the training program.

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