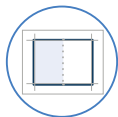
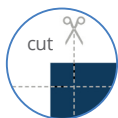


Print your own method cards at home

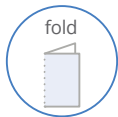
1. Using the file above, print the document single-sided on 8.5" x 11" standard printer paper in landscape format.



2. Use the guidelines to trim the edges. We have provided a little extra space, called "print bleed" to make sure that even if the cut isn't quite straight, you won't cut into the important stuff.



3. Fold the cards along the center dotted line to create the spine.



4. Tape or glue the insides of the cards together so that they don't open up.

