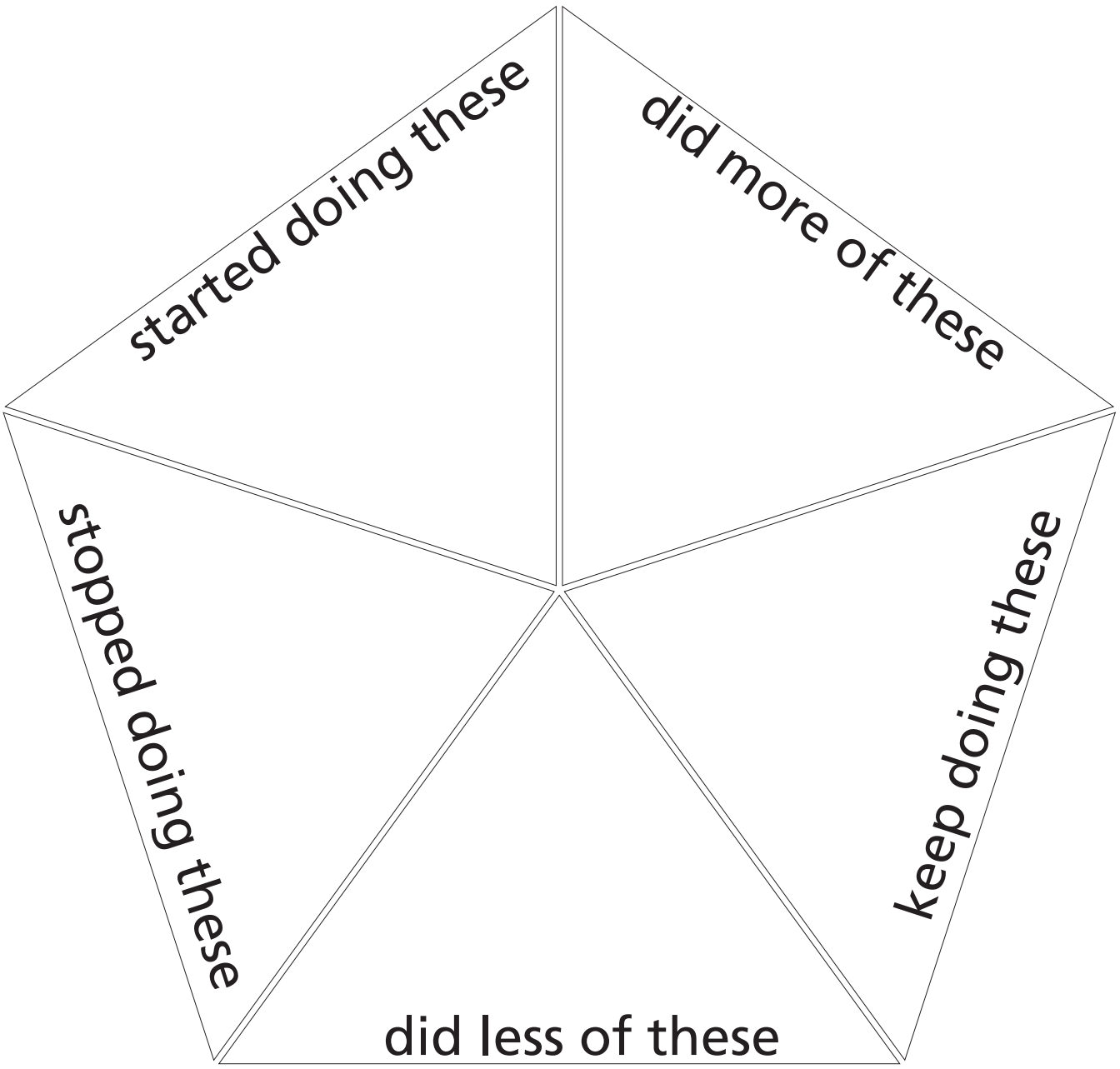
started doing these
did more of these
stopped doing these
keep doing these
did less of these